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Tuesday



Joe Lieberman faces a close vote on Tuesday.

Primary Fight: In tight race, Lieberman criticizes Iraq war | **3**

Martha Settles: Stewart to pay \$195K in deal with SEC | **10**



Livan's Leaving: Nationals trade ace to Arizona for two prospects | **17**

ENTERTAINMENT

Country Time: *Larry the Cable Guy* might not be a redneck, but he's making green. Also, G. Love; targeting the 'WTC' film to teens.

>> **13-16**



Weather >> Partly Sunny



87 | 68

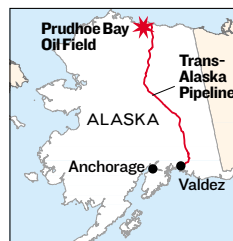
FULL FORECAST ON PAGE 34

Shut Pipeline Cuts Oil Supply

Repairs to leak in Alaska may stall production for months

ANCHORAGE, ALASKA | BP said Monday it will replace 16 miles of pipeline at its huge Prudhoe Bay oil field and production could be closed for weeks or months, crimping the nation's oil supplies.

The news drove oil prices up by more than \$2 a barrel and boosted gasoline prices. The West Coast was expected to be squeezed particularly hard and the government was considering releasing oil from emergency stockpiles to ease an expected crunch.



BP PLC, the world's second-largest oil company, began shutting down the pipeline Sunday after a leak was discovered. The company said Monday it would replace about 73 percent of the 22 miles of transit pipeline it operates in the Prudhoe Bay field 650 miles north of Anchorage.

Once complete, the shutdown will cut production by 400,000 barrels a day, about 2.6 percent of U.S. supply including imports, according to data from the U.S. Energy Information Administration.

"BP deeply regrets it has been necessary for us to take this drastic action," said Bob Malone, chairman of BP America.

BP discovered corrosion in the transit lines only after the Department of Transportation ordered their inspection following a 270,000 gallon spill in March in another section of the field. MARY PEMBERTON (AP)

Danger Impedes Relief Effort in Lebanon



LIFE LINE: Doctors Without Borders and other volunteers on Monday carry supplies through a river in Tyre, Lebanon, where a bridge was destroyed by Israeli airstrikes. Relief agencies said fighting has slowed efforts to help people forced from their homes. ♦ **Tearful plea:** Lebanese PM calls for Israeli pullout | **Page 7**

SOLAR POWER | Clouds Aren't Eco-Friendly Solar-powered lights meant to show off trees in Manchester, England's new city center aren't working because the city isn't sunny enough, the Manchester Evening News reported. The trees were



fitted with the lights to make them visible at night, but now the city is refitting the lights with conventional batteries after a frequent lack of sun kept them from turning on. The lights were part of Manchester's bid to become England's most eco-friendly city. (EXPRESS) **EyeOpeners** | **Page 2**

eyeOpeners

AUTOMOBILES

Honda Prototypes 'E-Z Bake' Model Series

Blistering heat was just what Sandi Fontaine of Bedford, N.H., needed to bake cookies for her co-workers — on the dash of her Toyota Rav4. With temperatures soaring Wednesday, Fontaine placed two trays of cookie dough on the dashboard, shut the doors and retreated inside to her air-conditioned office. "My husband wanted me to run some errands this morning," said Fontaine. "I said, 'I can't. I'm baking cookies.'" When the outside temperature is at least 95 degrees, it will rise to about 200 degrees in a car. Temperatures in the area reached the mid to upper 90s on Wednesday. (AP)



PARKING

Your One-Way Ticket Out of Here

A traffic enforcement officer in Derby, England, resigned after being caught placing a false ticket on his own car so he could park illegally, the Evening Telegraph reported. While on the job

and in uniform, Andrew Sewell had parked his car Wednesday in a no-parking-at-any-time zone so he could use the bathroom in a nearby cafe and buy medication from a nearby store. Passers-by noticed the enforcement car with a ticket and confronted Sewell, who admitted he had placed the ticket on the car himself. (EXPRESS)



CAN CAN CHU/GETTY IMAGES

COUNTDOWNS

Step Squad

What better way to get people excited about the upcoming Olympics than to participate in one activity guaranteed to never be an Olympic sport? That would be the traditional game of walking-with-long-sandals, as performed by these Chinese ethnic-minority entertainers Monday at an ethnic-minority park in Beijing, China. The park is hosting a series of performances to mark the two-year countdown to the 2008 Beijing Olympic Games. The countdown begins on Tuesday. (EXPRESS)



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Most Truthful Slots Game Name Ever

Bridgeport, Ind., gamblers raked in nearly half a million dollars during two days on a slot machine that multiplied by 10 the amount of money that players put in. Caesars Indiana lost \$487,000 before a player notified officials of the problem with the machine. Kathryn Ford of Louisville, Ky., realized something was wrong July 23 when she and her husband sat down at two of the machines, called Extra Money. (AP)



ASK BETSY

About Student Loans

This column, contributed by American Student Assistance®, a nonprofit that provides student loan borrowers with the education and encouragement they need to successfully manage their debt, is published in the *Express* each month. You can "ask Betsy" questions about applying for student loans, repaying your loans, or what to do if you're having trouble paying your loans back. E-mail your questions to askbetsyatlanta@amsa.com.



Graduate Student Aid

Dear Betsy, I'm attending graduate school in a few weeks and the funds I thought I would have available to pay my tuition, a court settlement, have not yet arrived. What types of financial aid are available to me until my check comes in, and how do I apply for them? I really don't want to postpone my schooling another year.

Thank you,
Jennifer S.

Dear Jennifer: There are several types of financial aid that may be available to you. My expertise is in the federal student loan program, so my descriptions below detail those programs only. You may want to work with your school's financial aid office to discuss any grant or non-federal sources of financial aid, including private loans.

Graduate students are eligible for federal loans and work study only. Many schools also offer financial aid directly from the school, known as institutional aid, for various situations. Your school's website is a good place to start investigating what your particular school may offer and how to apply.

As of July 1, 2006, graduate students are eligible to borrow two different types of federal loans (as opposed to one) — Stafford and PLUS. While the annual loan limits for each are described below, note that a student may never be

awarded aid, including loans, over and above the total cost of attendance for the school.

Stafford:

There are two types of Stafford loans. Subsidized Stafford loans do not accrue interest while the student is in school or in their grace or a deferment period, while an unsubsidized Stafford loan accrues interest from day one. A graduate student may be eligible to borrow up to a total of \$18,500 per year in Stafford loans of which, depending on eligibility, no more than \$8,500 may be subsidized. Subsidized Stafford loans are based on "need," which is determined in part by the Free Application for Federal Student Aid (FAFSA) and in part by the financial aid office. The interest rate on any Stafford loan taken out on or after July 1, 2006, is fixed at 6.8%. The payments are deferred as long as the borrower is considered enrolled at least half-time in school. Starting next year, on July 1, 2007, graduate students may borrow up to \$20,500.

PLUS:

While this is not a new loan program, it is only since July 1, 2006, that graduate students have been able to participate. To qualify for this loan the graduate student must at least apply for the maximum Stafford loans they are eligible for — they don't have to accept them, but they have to at least apply for them (more on this later). The maximum allowed per year is the total cost of attendance minus any other financial aid. So if the cost of attendance is \$20,000 and the student is awarded \$10,000 in Stafford loans

and \$2,000 in institutional aid and scholarships, the student may borrow up to \$8,000 in PLUS. PLUS loans taken out on or after July 1, 2006, have a fixed interest rate of 8.5% or 7.9% (depending on the loan program) and accrue interest right from day one. While loan payments can be deferred while the student is in school at least half time, the process for this is not as automatic as it is for Stafford loans, so students are strongly advised to contact their lender at least annually to verify they are not due for payment. While Stafford loans are given a six-month grace period the first time the student leaves school (or becomes less than half-time) PLUS loans are due for payment the very next month. PLUS loans require a "mild" credit check — as long as there are no judgments, tax liens, 90-day delinquencies or prior student loan defaults, you will likely be approved. Stafford loans have no credit check.

Note that for both Stafford and PLUS loans, many lenders offer interest rate and other discounts — so shop around a bit. Regarding the PLUS requirement to at least apply for the Stafford first: to be frank, there is truly no logical reason to turn the Stafford loan down — it has the lowest interest rate and the most borrower-friendly terms out there.

That about covers it — or at least will get you started. Good luck!

Regards,
Betsy

Have a question about student loans?
Email me at askbetsy@amsa.com.



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IRON AND WINE: A new wine gadget promises to save palates by using magnets — yes, magnets — to give brash young wines some polish. Inventor Patrick Farrell theorizes it works by creating a magnetic field that changes the shape of a wine's tannins.

Nation

In Brief

NEW YORK

Judge Dismisses Latest Charges Against John Gotti

A judge on Monday tossed out the latest racketeering and money laundering charges against John “Junior” Gotti, but the son of the late mob boss still faces trial on charges that he ordered the beating of Guardian Angels founder Curtis Sliwa. The ruling by U.S. District Judge Shira Scheindlin was a blow to the government just weeks before Gotti’s third trial on racketeering charges. (AP)

DETROIT

Police Work to Determine if Charred Body Is Missing Girl

The burned body of a child was found Monday in a suburban field, and investigators were using dental records to determine whether it was that of a missing 7-year-old girl. Raven Jeffries was last seen Friday night, when her older brother said he saw her leave her home. The charred body appeared to be that of a girl under 14, police said. (AP)

LOS ANGELES

Mayor Apologizes to Muslim Leaders Over Failed Meeting

Mayor Antonio Villaraigosa has apologized to Muslim leaders who accused him of taking Israel’s side in the violence in Lebanon by going to a pro-Israel rally and ignoring their invitations to interfaith peace vigils. Villaraigosa met with 10 Muslim leaders Sunday and explained that a staff mix-up had prevented him from seeing their invitations. (AP)

Lieberman Counters Critics on Iraq

Conn. senator tries to distance himself from Bush in tight primary

EAST HAVEN, CONN. | Facing intense pressure in his bid for the Democratic primary, Sen. Joe Lieberman strongly distanced himself from President Bush, saying he opposed the White House’s domestic agenda and its handling of the Iraq war.

“I am the only Democrat in America to run against George Bush in a national election twice,” Lieberman told supporters at a rally Sunday. “You know why I ran for president in 2004? Because I believe that his agenda was wrong for our country and our future. And that’s the truth.”

A poll out Monday suggested the race may be tightening.

Lieberman, a three-term incum-



ON MESSAGE: Democratic U.S. Sen. Joe Lieberman, talks with media on Monday in Hartford, Conn., during his final day of campaigning before Tuesday’s primary.

bent and his party’s vice presidential candidate in 2000, has been dogged by liberal Democrats angry at him for supporting the war in Iraq.

Challenger Ned Lamont, a political newcomer and founder of a cable company, has capitalized on the war’s unpopularity in Connecticut

A Long Way to Fall

→ Six years after being hailed as a widely respected politician, Joe Lieberman is in the last hours of battle to avoid a humiliating rejection by his own party at home. | **AI**

IN The Washington Post

by accusing Lieberman of being too close to Republicans and Bush.

Lieberman has said he intends to run as an independent if he loses Tuesday’s primary. In Connecticut, more than 942,000, or 45 percent, of the state’s approximately 2.1 million voters are unaffiliated. More than 702,000 are Democrats and more than 456,000 are Republicans.

A poll released Monday showed Lamont with a slight lead over Lieberman, 51 percent to 45 percent, among likely Democratic voters. SUSAN HAIGH (AP)

9 Killed While Fleeing Border Patrol

Victims were suspected illegal immigrants trying to evade agents

YUMA, ARIZ. | A sport utility vehicle crammed with suspected illegal immigrants rolled over in an attempt to outrun Border Patrol agents, killing nine people and injuring at least 12 others, officials said.

Five of the injured, including a

pregnant woman, were in critical condition, most with head trauma, hospital officials said.

The large SUV was carrying up to 22 people when the driver tried to circumvent a checkpoint on the highway, Border Patrol spokesman Lloyd Frers said. With Border Patrol agents in pursuit, the driver attempted to make a U-turn and rolled over, Frers said.

Scores of illegal immigrants die each year while crossing the

Mexican border into Arizona, many in car crashes. Smugglers often flee from authorities at high speeds or overload vehicles, which makes them difficult to control.

The Yuma area, a sandy stretch of desert in southwestern Arizona, has become the nation’s busiest immigrant-smuggling hotspot. President Bush visited the area in May as part of his push for a sweeping overhaul of immigration laws. (AP)

Heat Wave Still Baking South, Southeast States

TULSA, OKLA. | The heat wave that snapped last week for much of the nation continues in parts of the South and Southeast, with heat advisories in effect Monday for Arkansas, Tennessee and Mississippi.

The National Weather Service predicted mostly 100-degree days throughout the state for the rest of the week. (AP)

Allergies?

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Ney Drops Re-Election Bid

Ohio congressman ends campaign amid Abramoff scandal

COLUMBUS, OHIO | Republican Rep. Bob Ney abruptly abandoned his bid for re-election Monday, becoming the latest Capitol Hill figure to fall victim to the Jack Abramoff scandal.

The six-term congressman insisted in a statement that he was innocent and said he was acting for the sake of his family.

"I must think of them first, and I can no longer put them through this ordeal," he said.

He is the second congressman to announce his retirement in the fall-out from the probe. Former House Majority Leader Tom DeLay of Texas resigned from Congress earlier this year, but Democrats have gone to court to block removal of his name from the November ballot.



Ney

Other victims of the scandal include Ralph Reed, the former Christian Coalition leader with ties to Abramoff who lost his bid last

month for the GOP nomination for lieutenant governor in Georgia.

Until his announcement, Ney had insisted that even if he were indicted he would run for a new term in the 18th Congressional District, a conservative region in Ohio.

Ney has not been charged with any crimes, but court papers released from Abramoff's guilty plea to fraud and corruption charges detailed lavish gifts and contributions that Abramoff says he gave to an unnamed House member in return for official acts. Officials have confirmed that congressman is Ney.

JOHN MCCARTHY (AP)



Conjoined twins Kendra, left, and Maliah Herrin conduct a fake operation on their conjoined twin dolls outside their hospital room last month in Salt Lake City.

Doctors Begin Surgery On Conjoined Twins

Utah 4-year-olds with shared kidney undergo separation procedure

SALT LAKE CITY | Four-year-old twin sisters born fused at the midsection, with just one kidney and one set of legs, underwent surgery Monday to separate them and allow them to lead independent lives.

Doctors at Primary Children's Hospital said it was the first known surgical attempt to separate twins with a shared kidney.

Kendra and Maliah Herrin entered the operating room at 7:15

a.m. after a tearful goodbye from their parents.

The operation was expected to last 12 to 24 hours, during which surgeons planned to give each girl one leg and Kendra the kidney. Maliah will be put on dialysis for three to six months until she is strong enough for a transplant of a kidney from her mother, Erin Herrin.

Surgeons also planned to divide the girls' single liver, separate their intestines and reconstruct their shared pelvis.

Conjoined twins occur about once in every 50,000 to 100,000 births.

JENNIFER DOBNER (AP)

Computer Failure Creates Delays At L.A. Airport

LOS ANGELES | A computerized system that guides arriving planes onto a runway at Los Angeles International Airport failed on Monday, delaying numerous flights around the country.

Two incoming flights were diverted, others were forced to circle the airport, and some planes were ordered to remain on the ground at other airports, officials said. Arriving flights were held up about 90 minutes. Departing flights were delayed about an hour, and several flights were canceled.

Federal Aviation Administration spokesman Ian Gregor said the cause of the problem was unknown.

The malfunctioning piece of equipment, called a localizer, acts as a beacon to guide arriving planes onto runways.

Before the fix was made, the number of landings, usually about one a minute, was reduced by half, said FAA spokesman Mike Fergus.

GILLIAN FLACUS (AP)



WHO KNEW? Eating just one meal high in saturated fat can quickly prevent "good" cholesterol from protecting the body against clogged arteries, a new study says. (AP)



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- Participants are compensated.
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Nation



Dale S. Hausner, a suspect arrested in a series of shootings in Arizona addresses the media during a news conference at the Maricopa County jail on Monday.

Shooting Suspect Implicates Friend

Man accused in Ariz. killing spree points finger at roommate

PHOENIX | One of two men arrested in a string of serial shootings has denied any involvement but says his roommate may have used his car and weapons to carry out the attacks without his knowledge.

"I am not a monster," said Dale S. Hausner in a jail interview Sunday with the St. Paul (Minn.) Pioneer Press. "I feel very sorry for the families of the people who were hurt, but I didn't do it."

Hausner, 33, said the other man arrested for the crimes — Samuel John Dieteman — might have taken Hausner's car and guns to commit the crimes.

Hausner said his brother introduced him to Dieteman, 30, six

months ago. About a month ago, he said he let Dieteman move into his apartment because he felt sorry for a guy with no job or home.

Dieteman, who formerly lived in St. Peter and Mankato in Minnesota, refused to be interviewed by the Pioneer Press. The sheriff's department has not yet responded to requests from The Associated Press for interviews.

Hausner told the newspaper he believes Dieteman implicated him in the killings to deflect blame, though he said he's not sure Dieteman is capable of such violence. Court records show Dieteman had almost 40 run-ins with authorities in Minnesota during the 1990s.

Dieteman, 30, and Hausner, 33, face two counts each of first-degree murder and 14 counts each of attempted first-degree murder.

CHRIS KAHN (AP)

Studying the Antidepressant Effects of Sleep Deprivation

Sleep deprivation has rapid & brief antidepressant effects in some depressed people. NIMH is exploring how a drug that mimics the effects of sleep deprivation in the brain, may also bring about a rapid antidepressant response in people who are depressed. Understanding how this works may help us understand depression and design better antidepressants. Study includes multiple overnight stays & free sleep evaluations to rule out sleep disorders. NIMH is seeking people ages 18-65 with depression who:

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GOP Ends Fight to Replace DeLay

WASHINGTON | Texas Republicans on Monday abandoned their court fight to replace former House Majority Leader Tom DeLay on the November ballot after being turned back by the Supreme Court.

The decision came after Justice Antonin Scalia rejected Texas Republicans' request to block an appeals court ruling saying DeLay's

name should remain on the ballot.

DeLay won a March primary before resigning June 9 from Congress.

The 5th U.S. Circuit Court of Appeals last week sided with Democrats' claims that, if DeLay is eligible to run but drops out of the race, the Republican Party cannot substitute another candidate. (AP)



BAR BRAWL: A Nanjing, China, bar attracts those who need to blow off a little steam by letting customers beat up the staff, the BBC reports. The Rising Sun Anger Release Bar lets customers smash glasses, scream and attack specially trained workers who don protective gear.

World

In Brief



Ethiopians try to remove debris after a flash flood swept through Dire Dawa.

DIRE DAWA, ETHIOPIA

Hope for Survivors Dims As Floods Kill at Least 200

Rescuers using earth movers and their bare hands searched for survivors Monday, a day after flash floods killed at least 200 people, including dozens of children. Hundreds more were feared missing, and officials said there was little chance of finding more survivors. Flood waters crashed through homes after a river burst its banks early Sunday following heavy rains. (AP)

SAO PAULO, BRAZIL

City Reels From Wave of Attacks Tied to Prison Gang

Assailants sprayed gunfire at police, blew up explosives outside government buildings and torched buses and bank branches Monday in a new wave of attacks that authorities believe were initiated by a gang led by Sao Paulo prison inmates. Authorities did not immediately report any deaths or injuries in the fresh attacks against symbols of authority in and around South America's largest city. (AP)

KABUL, AFGHANISTAN

Parliament OKs Karzai's New Picks for Cabinet Posts

Afghanistan's parliament approved President Hamid Karzai's choices for the vacant portfolios in his Cabinet on Monday in another step toward democracy, as his U.S.-backed government struggled with a resurgent Taliban and floods in the south. The slots had been left empty when Parliament rejected five of the 25 people Karzai initially chose in April. The completed Cabinet is the first approved by the Parliament since it was elected last year. (AP)

Lebanese PM Rejects Truce Plan

Timing of Israel's withdrawal of forces seen as sticking point

BEIRUT, LEBANON | The Lebanese prime minister rejected a U.N. cease-fire plan backed by President Bush, demanding on Monday that Israel immediately pull out from southern Lebanon even before a peacekeeping force arrives to act as a buffer between Hezbollah and the Jewish state.

Prime Minister Fuad Saniora's stand, delivered in a tearful speech to Arab foreign ministers, came on a day in which 49 Lebanese were killed — one of the deadliest days for Lebanese in nearly four weeks of fighting.

His Cabinet, which includes two Hezbollah ministers, voted unanimously to send 15,000 troops to stand between Israel and Hezbollah should a cease-fire take hold and Israeli forces withdraw south of the border. The move was an attempt to show that Lebanon has the will and ability to assert control over its south, which is run by Hezbollah, the powerful Shiite Muslim militia backed by Syria and Iran.

In Texas, Bush said any cease-fire must prevent Hezbollah from strengthening its grip in southern



FRONT LINES: Soldiers return to Israel after operations in Lebanon on Monday. At least 49 Lebanese people and three Israeli soldiers were killed in the day's fighting.

Lebanon, asserting "it's time to address root causes of problems." He urged the United Nations to work quickly to approve a U.S.-French draft resolution to stop the hostilities.

Clashes between Israel and Hezbollah have sharply intensified in recent days as cease-fire diplomacy gains traction after nearly a month of unproductive talks. The cease-fire plan now under scrutiny at the United Nations has drawn

An Elusive Enemy

→ After weeks of heavy combat, Hezbollah fighters are proving to be an enemy that is more resilient and better equipped than the Israeli military anticipated. | **Today, AI**

The Washington Post

only lukewarm support in Israel and vilification in the Arab world.

At least 52 people died Monday on both sides. Hezbollah fired 160 rockets, wounding five Israelis,

AN INTERNATIONAL FORCE

Among the countries that have expressed a willingness to contribute troops or aid to an international force in south Lebanon:

- **France:** No more than 5,000 troops.
- **Australia:** 'Very limited' contingent of troops.
- **Malaysia:** 1,000 troops.
- **Turkey:** 'Significant' contribution likely.
- **Indonesia:** About 800 troops.
- **Britain:** May provide technical assistance.
- **United States:** May train and equip Lebanese army.
- **Japan:** Humanitarian aid.
- **Cyprus:** Help transport humanitarian aid; possible staging point for forces. (AP)

police and rescue services said. Three Israeli soldiers were killed in combat in south Lebanon.

Israel, reeling from 15 deaths in Hezbollah rocket strikes a day earlier, fought back with particular ferocity Monday.

A sunset airstrike on a south Beirut suburb killed at least 10 people in the predominantly Shiite district of Chiah. At least eight strikes rattled the capital in the one-hour period before dawn. ZEINA KARAM (AP)

Baby Wins Fight for Life in Lebanon

Premature baby boy survives harrowing trip to hospital in Tyre

TYRE, LEBANON | Only two hours old, Raad fought for his life in an ambulance that screamed along a treacherous, bombed-out stretch of road out of the heart of southern Lebanon's war zone.

His frail body was swaddled in a blanket when ambulance drivers brought the barely 3-pound infant from the village of Tibnin to the Najem hospital in the port city of Tyre.

He was born two months early, delivered by Caesarean section at a smaller hospital in Tibnin after



Baby Raad's mother has been unable to come to Tyre thus far, hospital staff say.

his mother fled her home village. Tibnin, some 12 miles from Tyre, has been thronged by thousands of refugees from nearby villages, escaping heavy Israeli bombardment in the area.

Tyre also has been repeatedly hit

by Israeli strikes. But the hospital has far better facilities to care for a premature newborn.

For now — two weeks after his birth — Raad is effectively abandoned. He was rushed out of Tibnin, but his mother stayed, either too weak or too frightened to come along, hospital worker Ali Jawad Najem said Monday.

His mother might be afraid to risk traveling or may believe the baby is safer and better cared for in Tyre, the hospital staff said.

Without a relative to claim him, baby Raad now has "five mothers and six fathers," nurse Nada Daeg said of the nurses and doctors. "We love him very much. He is our family now." KATHY GANNON (AP)

Aid Groups Face Perilous Passage

GENEVA | Relief agencies said Monday it was too dangerous for them to try to deliver aid to villages in southern Lebanon, where they are concerned about people cut off by Israeli-Hezbollah fighting.

The World Health Organization, meanwhile, warned that 60 percent of the hospitals in Lebanon would have to shut down unless fuel was delivered this week.

A Red Cross convoy, however, did bring a range of supplies to Marjayoun from Beirut on Monday, the ICRC said. Supplies have moved into Lebanon very slowly since Beirut's main access road to the north was severely damaged by Israeli warplanes on Friday. (AP)

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Shane Salter, Chief Executive Officer



World



Tamil refugees wait for aid at a refugee camp in Kantale, Sri Lanka, on Monday after many fled fierce fighting between rebel and government forces in Muttur.

15 Aid Workers Slain in Sri Lanka

**Tamil civilians were
doing post-tsunami
work for French agency**

COLOMBO, SRI LANKA | Fifteen Tamil civilians working for a French aid agency were found slain in north-eastern Sri Lanka after fierce battles between rebels and the government over water supplies, relief agency officials said Monday.

The Tamil Tiger rebels, meanwhile, said they had repelled a government military offensive to regain control of a reservoir supply canal that has been the focus of intensified fighting. Military spokesman Maj. Upali Rajapakse denied the claim, saying the offensive was ongoing.

The aid workers — 11 men and four women — were doing post-tsunami relief work for the French agency Action Against Hunger in Muttur, the scene of heavy battles that have brought the country to

the edge of civil war.

Their bodies were found late Friday, Action Against Hunger official Eric Fort said. The bodies had bullet wounds and most of them lay facedown, other agency officials said earlier.

The aid group said Monday it had decided to suspend operations in Sri Lanka following killings, warning that the climate for humanitarian workers worldwide is growing more dangerous.

The killings clearly were "deliberate," said Denis Metzger, the group's president. He said the organization planned to ask the United Nations to formally condemn the slayings.

There was no immediate comment from the government on the killings.

A 2002 cease-fire ended a civil war, but the truce has nearly collapsed in recent months, and renewed fighting has killed more than 900 people — half of them civilians — since December. (AP)

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World

Details Emerge In Iraq Rape Case

Investigator says U.S. soldiers drank, played cards before attack

BAGHDAD, IRAQ | American soldiers took turns raping a 14-year-old Iraqi girl, and one of them put a bullet through her head after killing her parents and 5-year-old sister, an Army investigator testified Monday.

The attack followed a session of whiskey-drinking and card-playing during which five soldiers plotted the March 12 assault, criminal investigator Benjamin Bierce said.

He cited details from a sworn statement by Spc. James P. Barker in which the soldier told how he and his comrades practiced hitting golf balls before heading to the Iraqi teen's home 250 yards from their post at a traffic checkpoint.

After the slayings, the soldiers

ELSEWHERE IN IRAQ

→ **More than 30 people** were killed or found dead in Iraq Monday, including 10 paramilitary commandos slain when a suicide driver detonated a truck at a regional office of the Shiite-led Interior Ministry police.

→ **Iraqi and U.S. forces** raided a Shiite militia stronghold of Baghdad on Monday, triggering a reported gunbattle that left three people dead. (AP)

returned to their post, where Barker grilled chicken wings, Bierce testified.

The testimony came on the second day of a hearing to determine whether the soldiers should stand trial for the alleged rape and killings in the town of Mahmoudiya. The case is among the worst in a series of allegations of misconduct by U.S. service members. RYAN LENZ (AP)



A friend carried Seiji Uchida, in wheelchair, with the help of a high-tech robotic suit.

High-Tech Ascent for Disable Hiker

ON THE KLEIN MATTERHORN, SWITZERLAND | A Japanese quadriplegic on Monday partly realized his dream of ascending one of Switzerland's highest mountains, thanks to a friend who carried him up with the help of a high-tech robot suit.

Seiji Uchida, who has been paralyzed from the neck down since a traffic accident more than two decades ago, failed to reach the

summit of the 13,741-foot Breithorn mountain. Riding piggyback on a friend who was aided by a motorized exoskeleton, the 43-year-old said, however, that simply getting to within 500 yards of the mountaintop was a triumph.

Uchida's friend, Takeshi Matsumoto, carried him with the help of a robotic suit known as HAL, or "Hybrid Assistive Limb," which gave him extra strength. (AP)

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National Institute of Mental Health NIH
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Money

Stocks Avoid Oil Shake-Up

Market dips on price spike but investors stay focused on Fed

NEW YORK | Near-record oil prices following an Alaskan oil field shut-down prompted stock investors to sell on inflation fears Monday, one day before the Federal Reserve's next decision on interest rates.

The stock market showed some resilience despite the higher oil prices, as many investors held out hope that the Fed would not raise rates Tuesday. Nonetheless, there are concerns that even if the Fed halts



Crude oil traders work the floor of the New York Mercantile Exchange on Monday.

its rate increases, inflation may yet become a concern.

The nation's benchmark interest rate now stands at 5.25 percent, and the Fed has raised rates by a

quarter-percentage point in each of its last 17 meetings.

The market's optimism was evident Monday, when stocks, despite their declines, largely stood their ground amid rising oil prices.

"If you plot the S&P 500 against oil prices for the last two to three years, they're both rising," said Brian Gendreau at ING Investment Management. "Now, certainly, if oil prices stay this high, consumer spending and earnings are going to be hurt. But for now, I think we're hanging in there today because we're actually enjoying some rationality." (AP)

Martha Stewart Settles With SEC

Lifestyle maven will pay \$195,000 in civil insider-trading case

Homemaking diva Martha Stewart will pay about \$195,000 and cannot serve as the director of a public company for five years under a settlement announced Monday on civil insider-trading charges with the Securities and Exchange Commission.

Under the settlement, the

founder of Martha Stewart Living Omnimedia Inc., a multimedia empire dedicated to stylish living, agreed to make a payment relating to losses the government said she avoided on her sale of ImClone Systems Inc. stock in December 2001.



Stewart

Stewart agreed to pay \$45,673, the amount of losses she avoided

from her insider trading, plus \$12,389 in interest. But the bulk of the payment comes from the maximum civil penalty of \$137,019, three times the amount of losses avoided.

Her broker Peter Bacanovic agreed to pay a penalty totaling about \$75,000, the SEC said Monday. In a previous order, the SEC barred Bacanovic, a former Merrill Lynch employee, from associating with a broker, dealer or investment adviser. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Fairchild	2.59	+.32	+14.1
GrtLksBcp	16.17	+1.55	+10.6
AES Corp	20.07	+1.82	+10.0
NewMarket	57.50	+4.43	+8.3
DeVry	22.38	+1.67	+8.1

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
TNS Inc	13.26	-3.90	-22.7
MylanLab	19.92	-3.09	-13.4
BP Pru	76.85	-11.04	-12.6
MercGn	50.10	-5.37	-9.7
Cendant s	2.07	-.22	-9.6

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
OpinRsh	11.58	+5.38	+86.8
EnPointe	2.25	+.76	+51.0
SCO Grp	2.85	+.63	+28.4
DGSE	2.60	+.49	+23.3
Jomai n	3.54	-.01	-0.3

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Reliv	6.75	-3.56	-34.5
Hansen s	29.85	-10.40	-25.8
GibTraff n	4.01	-.97	-19.5
EmmisC	11.73	-2.79	-19.2
LeadBrnds	5.29	-.97	-15.5

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.25	5.3125
3-month disc	4.99	4.98
2-year	4.95	4.96
10-year	4.92	4.98
30-year	5.00	5.07

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5246	.5241	.5631
Canadian Dollar	1.1195	1.1286	1.2184
European Euro	.7789	.7767	.8104
Japanese Yen	115.07	114.39	112.04
Mexican Peso	10.8770	10.9060	10.5950
Taiwanese Dollar	32.80	32.86	31.77

DOW NASDAQ S&P 500

DOW	NASDAQ	S&P 500
-20.97	-12.55	-3.59
-0.19	-0.60	-0.28
11219.38	2072.50	1275.77

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	67.87	-.92	-13.9
Amylin	46.48	-1.12	+16.4
BiogenIdc	41.97	-.42	-7.3
Celgene s	45.13	-.81	+39.3
ChRvLab	34.45	-.55	-18.7
GenProbe	52.61	-.48	+7.8
Genentch	80.34	-.43	-13.1
Genzyme	67.76	-1.28	-4.3
GileadSci	61.93	+.60	+17.8
Imclone	32.78	-.90	-4.3
Invitrogn	55.88	-.82	-16.1
MedImun	25.94	-.43	-25.9
MillPhar	9.98	-.38	+2.9
QIAGEN	14.91	-.19	+26.9
VertxPh	31.67	-.60	+14.5



SPIRE TO BE: Construction crews have finished building the first of three soaring spires for the new U.S. Air Force Memorial in Arlington, Va. At 201 feet, the first stainless-steel spire is the shortest of the trio. The tallest spire will reach 270 feet.

Local

Husband-Killer Re-Given 40 Years

'Black Widow' appeal unsuccessful as Gray found guilty of murder

GREENBELT, MD. | A Wheaton, Md. woman was sentenced for a second time to 40 years in prison Monday for her roles in the deaths of three men stemming from a scheme to collect proceeds from their life insurance. The woman, dubbed "The

Black Widow" by police, had been convicted of insurance fraud.

Josephine V. Gray was originally convicted on Aug. 16, 2002, but appealed her sentence after the U.S. Supreme Court found that the mandatory federal sentencing guidelines in use at the time were unconstitutional.

On Monday, Gray was resentenced to 40 years in prison, convicted of first-degree murder.

The charges stemmed from the deaths of three men during more than 20 years.

The first death occurred on March 3, 1974. Gray's husband, Norman Stribbling, was found dead of a gunshot to the head. Gray received \$16,000 from Stribbling's life insurance proceeds.

In November, 1975, Gray married William R. Gray. He removed Gray as a beneficiary on several life

insurance policies before he was found shot to death in his apartment on Nov. 9, 1990. Gray collected \$54,000 of her estranged husband's life insurance benefits.

In late 1990, Mrs. Gray began living with Clarence Goode. In March, 1996 Goode received a \$100,000 life insurance policy naming Gray as the sole beneficiary. On June 21, 1996, Goode's body was discovered in the trunk of his car. (AP)

Police: D.C. Man Stole From Mint

Employee is charged with using sheets of \$100 bills to gamble

WASHINGTON | An employee at the Bureau of Engraving and Printing appeared in federal court Monday on charges he stole 10 sheets of \$100 bills and used them to gamble at casinos in three states.

David C. Faison, of Largo, Md., distributed paper stock at the bureau's printing facility, which gave him access to the area where sheets of bills are printed, officials said.

Most of the sheets he is accused of stealing contained 32 uncut, partially printed \$100 bills. The money appeared normal, but it was missing serial numbers and Treasury Department seals, authorities said.

Faison, 56, appeared in U.S. District Court, where he waived a preliminary hearing and was released on his own recognizance. If found guilty, he faces up to 10 years in prison or a \$250,000 fine.

Faison must submit to random drug testing and remain within a 50-mile radius of Washington. (AP)

Man Jailed Following Deadly Va. Road Rage

Officials say Briton ran down victim with car after an argument

CHANTILLY, VA. | A Gaithersburg, Md., man has been charged with murder after he allegedly hit another man with his car on the side of the road near Dulles International Airport.

Authorities said 31-year-old Indeshaw Adenaw, a British citizen in the U.S. on a Green Card, was driving on the airport's access road when he got into an argument

with 50-year-old Charles Vo of Sterling.

Metropolitan Washington Airports Authority spokeswoman Courtney Prebich said Vo pulled over to the side of the road and got out of his van.

Adenaw's pickup then hit Vo, who later died at a hospital.

Adenaw has been charged with second-degree murder. (AP)



Adenaw

WHEATON, MD. | RESPONDERS INJURED



ROBERT A. REEDER/TWP

IN THE LINE OF FIRE: One of more than 100 firefighters at a multialarm apartment fire in Wheaton, Md., on Monday is loaded into an ambulance by his peers; three firefighters were transported to hospitals with injuries.

Man Pleads Guilty in Tax Fraud Case

WASHINGTON | A man pled guilty Monday in connection with a tax fraud case targeting the U.S. Treasury, and D.C. and Maryland tax authorities. Keith Campbell recruited individuals to file fraudulent

tax returns for refunds.

Campbell and four others tried to get more than \$275,000 from the Internal Revenue Service, Maryland comptroller office and D.C. Office of Tax and Revenue. (AP)

The Lotteries

Monday, August 7

DISTRICT	
Mid-day Lucky Numbers	7-6-8
Evening Lucky Numbers	3-0-6
Mid-day DC 4	6-9-7-0
Evening DC 4	3-0-2-3
Rolling Cash Five	15-28-12-4-17
Daily 6	18-5-22-17-15-3 (29)

MARYLAND

Mid-day Pick 3	1-0-3
Evening Pick 3	1-6-4
Mid-day Pick 4	8-0-0-8
Evening Pick 4	0-9-3-3
Match 5	6-10-13-23-38 (18)

VIRGINIA

Mid-day Pick 3	8-0-0
Mid-day Pick 4	1-8-6-9
Mid-day Cash 5	15-18-21-25-30

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gem of the
ocean**
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March 18, 2007
An inspiring new drama about
the culture and tradition of 20th
century African-American life.

Bittersweet romance
**frankie and
johnny in the
clair de lune**
February 23 through
April 8, 2007
Two lonely middle-aged lovers
try to turn a one-night stand
into a relationship in Terrence
McNally's touching story about
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NIAAA



NO, THANKS: Michael Moore screened the documentary "Jesus Camp" at his Traverse City Film Festival — against the wishes of the film's distributor, Magnolia Films, which said that if Moore endorses a film, millions will "automatically reject it."



Entertainment



SOMETHING ABOUT LARRY: If you make Jeff Foxworthy look like an urbane sophisticate, you might be playing a redneck.

Fact: It's an Act

The Cable Guy isn't named Larry and isn't really from the South

BEHIND THE LAUGHTER | An awful lot of people think he's the funniest thing in America's Deep South.

But offstage, self-professed redneck Larry the Cable Guy is

not really Southern and not really interested in being funny.

The Pawnee City, Neb., native whose real name is Dan Whitney is quiet, insightful, serious even, as he ponders the success he and other comics are having on the charts.

"I think people are way too into what comedians do," said Whitney, who speaks with nary a whiff of the

thick accent he puts on for his routine. "If people like you, you're a nice person and you're funny and you resonate well with them, they're going to support what you do."

Whitney, 43, a member of the popular Blue Collar comedy crew, should know. His album "The Right to Bare Arms" debuted at No. 1 on the country albums chart and is

approaching platinum status.

Comedy albums are doing well overall. Four others are among the top 75 on Billboard's country albums chart: "Blue Collar Comedy Tour: One for the Road," Roy D. Mercer's "Black & Blue," Ron White's "You Can't Fix Stupid" and the late Jerry Clower's "Classic Clower Power."

Industry insiders say people turn to comedy when times are tough, although no one is claiming that war in the Middle East or rising oil prices are the sole reasons for comedy's ascent.

Country fans have long mixed music and comedy, albeit a cleaner, folksier style than the expletive-laced routines of Richard Pryor or Andrew Dice Clay. From its earliest days, the Grand Ole Opry featured comedians such as Uncle Dave Macon, Grandpa Jones and Minnie Pearl.

Later, TV programs like "Hee-Haw," "The Andy Griffith Show" and "Green Acres" expanded the reach of cornpone humor.

Whitney's humor can be raunchy, and his critics accuse him of being racist and homophobic. But the ultimate butt of his jokes seems to be the dimwitted hick he portrays.

"I know what my crowd will take. I don't drop any F-bombs or use the Lord's name in vain," he said. "Would I do it for a church banquet? No. But can I do it at a fair? Yes. And I look at my crowds, too. If I see a lot of kids and older folks, I will tone it down a lot."

JOHN GEROME (AP)



FOR COMPLETE EVENT LISTINGS SEE
WASHINGTONPOST.COM/ENTERTAINMENT

GRANT-LEE PHILLIPS A Quiet Night Out



Despite touring with Pearl Jam and R.E.M. and being called the "Male Vocalist of the Year" by Rolling Stone, Phillips'

band Grant Lee Buffalo never quite blew up in the U.S. Now touring solo—but still playing some GLB tunes—Phillips' gentle, wistful and unique acoustic rock is as warm, comfortable and inviting as your favorite sweater on a rainy day.

→ *Iota Club & Cafe, 2832 Wilson Blvd., Arlington; 8:30 p.m., \$15; 703-522-8340. (Clarendon)*



TREY MCINTYRE PROJECT Dances With Wolf Trap

The New York Times says contemporary dance choreographer McIntyre's trademarks include "whiplash speed, complicated footwork" varied musical accompaniment and a quest for the unique.

→ *Wolf Trap, Filene Center, 1551 Trap Road, Vienna; 8:30 p.m., \$10-\$34; 703-255-1868.*

VALI NASR A Rising Power

Nasr fled Iran after the revolution and eventually became a prolific author, professor of South Asian and Mideast politics and an analyst on TV and in major newspapers. He'll discuss the ascendance of the Shia in Iraq and what it portends.

→ *Politics & Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919. (Van Ness-UDC)*

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

The Sound Remains the Same

With help from Jack Johnson, G. Love's new disc is on point

MUSIC | Garrett Dutton hasn't expanded his sound much since his '94 debut, but that's a small gripe when the sound in question is G. Love's.

On "Lemonade," his eighth album and second for Jack Johnson's Brushfire label, G. Love's folksy blues and jazz-tinted hip-hop are as bright and uplifting as ever.

Mixing his nasal rap stylings



HIPPIE-HOP: Rapper G. Love, left, and his band left Sony to work with Jack Johnson.

with an expanding pop sensibility—several choruses are among his catchiest ever—G. Love has made

another strong summer party CD.

He keeps the mood light with slight, funky jams such as "Ride"

and "Beautiful," sexes things up a bit with "Hot Cookin'" and lifts spirits with "Thanks and Praise."

"Holla" proves G. can still pen an irresistible track, while his crafty sense of humor is on full display on "Can't Go Back To Jersey."

Guest appearances by Blackalicious, Ben Harper and Johnson never seem like gimmicks or filler as each guest easily compliments G. Love.

As always, giving G. Love a spin is sure way to make you smile and bop your head.

JOHN KOSIK (AP)

Entertainment



UNDEAD LIKE ME: Late-blooming Showtime cult hit "Dead Like Me," starring Mandy Patinkin, left, and Ellen Muth, carries on in the syndication afterlife. Already airing on HDNet, it's now going to show on Sci Fi Network channels on Tuesday nights.

Targeting Teenagers

Paramount is aiming 'World Trade Center' directly at the young

DEMOGRAPHICS | Typically, movie studios market adult drama about historic events to adults.

But when Paramount Pictures executives first screened Oliver Stone's upcoming release "World Trade Center" for a test audience last month, they realized there was nothing typical about selling a movie about Sept. 11.

Teens who were just kids when the Twin Towers fell said in a focus group attended by Paramount marketing staffers that the movie strongly resonated with them



ANCIENT HISTORY: For teens who were kids in 2001, the attacks are old news.

because the events it portrayed occurred during their lifetimes.

"I remember back in 2001 when it happened on the news," said one 14-year-old girl. "I kept thinking, 'This isn't real; it's just one of those disaster movies.' This movie made me feel September 11 was real for the first time."

Five years since terrorist attacks leveled New York City's iconic towers — and only about three months since a rival studio released the first Sept. 11-themed feature film that did little business in theaters — Paramount is selling "World Trade Center," which opens Aug. 9, as a story of heroism, not terrorism.

But for all the challenges Paramount worldwide marketing

president Gerry Rich has faced on this project — chief among them, he said, avoiding looking like "Hollywood trying to cash in" on a tragedy — he also caught an unexpected break. So favorable have been teenagers' responses to the film, Rich said, that Paramount reworked its \$35 million marketing campaign to court the most faithful and frequent movie-going demographic: young people.

"Every generation has a defining moment," says the voice-over of a 30-second TV spot. "Fix You," by Coldplay, plays as the screen goes black and three words appear in white letters: "This Was Ours."

While the terrorist attacks provide the backdrop for "World Trade Center," the focus of the film is the valiant rescue of two Port Authority police officers — Will Jimeno (Michael Pena) and Sgt. John McLoughlin (Nicolas Cage) — who were buried in the rubble.

CLAUDIA ELLER (LOS ANGELES TIMES)



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DESCENT, THE (R) - ID REQ'D DIG (1150 230 510) 740 1005
NIGHT LISTENER, THE (R) - ID REQ'D DIG (1215 240 500) 735 950
BARNYARD (PG) DIG (1140 205 425) 720 940
MIAMI VICE (DTS-CSS/AUDIO) (R) - ID REQ'D DIG (310) 930
ANT BULLY, THE (PG) DIG (1155 215 430) 700
JOHN TUCKER MUST DIE (PG-13) DIG (1200 225 515) 745 1000
MIAMI VICE (R) - ID REQ'D DIG (1200 400 630) 730 1030
LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (1145 245 420) 735 950
CLERKS II (R) - ID REQ'D DIG (110) 945
LADY IN THE WATER (PG-13) DIG (1200 240 455) 730 940
YOU, ME AND DUPREE (PG-13) DIG (1220 250 525) 750 1015
PIRATES OF THE CARIBBEAN: DEAD MAN (PG-13) DIG (1210)
DEVIL WEARS PRADA, THE (PG-13) DIG (1255 335) 655 935

BALLSTON COMMON STADIUM 12
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DESCENT, THE (R) - ID REQ'D DIG (1225 255 515) 755 1025
NIGHT LISTENER, THE (R) - ID REQ'D DIG (1230 250 510) 730 940
BARNYARD (PG) DIG (1140 205 425) 720 940
SCOOPE (PG-13) DIG (1145 215 500) 740 1010
ANT BULLY, THE (PG) DIG (1205 225 445) 705
SUPER EX-GIRLFRIEND (PG-13) DIG (1150 210 430) 710 935
LITTLE MAN (PG-13) DIG (110) 945
PIRATES OF THE CARIBBEAN: DEAD MAN (PG-13) DIG (1210)
DEVIL WEARS PRADA, THE (PG-13) DIG (110 335 435) 700 800 1030
SUPERMAN RETURNS (PG-13) DIG (115 315 645) 1015
FAST & THE FURIOUS 3 (OPEN CAPTION) (PG-13) DIG (230) 710

BOWIE STADIUM 14
15200 Major Lansdale Blvd 800-FANDANGO 454#

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Adv. Tix on Sale SNAKES ON A PLANE (R) - ID REQ'D ★
TALLADEGA NIGHTS: THE BALLAD OF RIC (PG-13) DIG (1100)
DESCENT, THE (R) - ID REQ'D DIG (1225 255 515) 755 1025
NIGHT LISTENER, THE (R) - ID REQ'D DIG (1230 250 510) 730 940
BARNYARD (PG) DIG (1140 205 425) 720 940
SCOOPE (PG-13) DIG (1145 215 500) 740 1010
ANT BULLY, THE (PG) DIG (1205 225 445) 705
SUPER EX-GIRLFRIEND (PG-13) DIG (1150 210 430) 710 935
LITTLE MAN (PG-13) DIG (110) 945
PIRATES OF THE CARIBBEAN: DEAD MAN (PG-13) DIG (1210)
DEVIL WEARS PRADA, THE (PG-13) DIG (110 335 435) 700 800 1030
SUPERMAN RETURNS (PG-13) DIG (115 315 645) 1015

BETHESDA 10
7272 Wisconsin Avenue 800-FANDANGO 569#

Adv. Tix on Sale SNAKES ON A PLANE (R) - ID REQ'D ★
Adv. Tix on Sale NIGHTMARE ON ELM STREET (NCM EVENT) (NR) ★
TALLADEGA NIGHTS: THE BALLAD OF RIC (PG-13) DIG (1100)
DESCENT, THE (R) - ID REQ'D DIG (1225 255 515) 755 1025
NIGHT LISTENER, THE (R) - ID REQ'D DIG (1230 250 510) 730 940
BARNYARD (PG) DIG (1140 205 425) 720 940
SCOOPE (PG-13) DIG (1145 215 500) 740 1010
ANT BULLY, THE (PG) DIG (1205 225 445) 705
SUPER EX-GIRLFRIEND (PG-13) DIG (1150 210 430) 710 935
LITTLE MAN (PG-13) DIG (110) 945
PIRATES OF THE CARIBBEAN: DEAD MAN (PG-13) DIG (1210)
DEVIL WEARS PRADA, THE (PG-13) DIG (110 335 435) 700 800 1030
SUPERMAN RETURNS (PG-13) DIG (115 315 645) 1015

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POTOMAC YARD STADIUM 16

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Adv. Tix on Sale WORLD TRADE CENTER (PG-13) ★
Adv. Tix on Sale SNAKES ON A PLANE (R) - ID REQ'D ★
MONSTER HOUSE 3D (DIGITAL) (PG) DIG (1115 140 405) 630 855
TALLADEGA NIGHTS: THE BALLAD OF RIC (PG-13) DIG (1100)
DESCENT, THE (R) - ID REQ'D DIG (1150 150 230 430 510) 700 740
NIGHT LISTENER, THE (R) - ID REQ'D DIG (1140 210 450) 730 950
BARNYARD (PG) DIG (1205 225 445) 715 935
ANT BULLY, THE (PG) DIG (135 415) 840
MIAMI VICE (DTS-CSS/AUDIO) (R) - ID REQ'D DIG (350) 1005
MIAMI VICE (R) - ID REQ'D DIG (1245 145 420 455) 655 755 1030
JOHN TUCKER MUST DIE (PG-13) DIG (1250 310 530) 750 1020
CLERKS II (R) - ID REQ'D DIG (1025)
LADY IN THE WATER (PG-13) DIG (1130 220 500) 745
LITTLE MAN (PG-13) DIG (130 410) 650 920
YOU, ME AND DUPREE (PG-13) DIG (115) 725
PIRATES OF THE CARIBBEAN: DEAD MAN (PG-13) DIG (1220)
DEVIL WEARS PRADA, THE (PG-13) DIG (155 335) 735 1015
SUPERMAN RETURNS (PG-13) DIG (900)

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale WORLD TRADE CENTER (PG-13) ★
Adv. Tix on Sale SNAKES ON A PLANE (R) - ID REQ'D ★
DESCENT, THE (R) - ID REQ'D DIG (1240 420) 730 1000
NIGHT LISTENER, THE (R) - ID REQ'D DIG (1150 230 530) 750 1035
TALLADEGA NIGHTS: THE BALLAD OF RIC (PG-13) DIG (1110)
BARNYARD (PG) DIG (1130 200 300 350 450 550) 640 740 840 930 1030
MIAMI VICE (DTS-CSS/AUDIO) (R) - ID REQ'D DIG (1140 110 210 340 440) 620 720 850
SCOOPE (PG-13) DIG (130 415) 715 945
ANT BULLY, THE (PG) DIG (1100 115 345) 645
JOHN TUCKER MUST DIE (PG-13) DIG (1105 140 240 445 545) 745
MIAMI VICE (R) - ID REQ'D DIG (1115 120 220 510) 710 820
MONSTER HOUSE 3D (DIGITAL) (PG) DIG (1120 150 400) 650 915
CLERKS II (R) - ID REQ'D DIG (1215 250 540) 810 1025
SUPER EX-GIRLFRIEND (PG-13) DIG (940)
LADY IN THE WATER (PG-13) DIG (1230 310) 655 950
LITTLE MAN (PG-13) DIG (1245 320)
YOU, ME AND DUPREE (PG-13) DIG (100)
PIRATES OF THE CARIBBEAN: DEAD MAN (PG-13) DIG (1150)
DEVIL WEARS PRADA, THE (PG-13) DIG (1250 330 430) 700 800 1020
SUPERMAN RETURNS (PG-13) DIG (1215 315) 635 920
CARS (G) DIG (1200)

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Adv. Tix on Sale WORLD TRADE CENTER (PG-13) ★
Adv. Tix on Sale SNAKES ON A PLANE (R) - ID REQ'D ★
DESCENT, THE (R) - ID REQ'D DIG (1225 250 520) 740 1005
NIGHT LISTENER, THE (R) - ID REQ'D DIG (1215 230 440) 800 1020
TALLADEGA NIGHTS: THE BALLAD OF RIC (PG-13) DIG (1130)
BARNYARD (PG) DIG (1140 200 435) 655 910
SCOOPE (PG-13) DIG (1220 240 515) 755 1015
ANT BULLY, THE (PG) DIG (1205 235 450) 710
JOHN TUCKER MUST DIE (PG-13) DIG (1210 220 445) 735 950
MIAMI VICE (R) - ID REQ'D DIG (110 410) 715 1025
CLERKS II (R) - ID REQ'D DIG (320 530) 1010
LADY IN THE WATER (PG-13) DIG (1230 310) 655 950
MONSTER HOUSE (PG) DIG (1230 245 510) 730 950
YOU, ME AND DUPREE (OPEN CAPTION) (PG-13) DIG (100) 930
LITTLE MAN (PG-13) DIG (100) 750
PIRATES OF THE CARIBBEAN: DEAD MAN (PG-13) DIG (1235)
DEVIL WEARS PRADA, THE (PG-13) DIG (355) 720 1035
SUPERMAN RETURNS (PG-13) DIG (400) 700

Free Family Film Festival - Today 10AM

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Adv. Tix on Sale NIGHTMARE ON ELM STREET (NCM EVENT) (NR) ★
TALLADEGA NIGHTS: THE BALLAD OF RIC (PG-13) DIG (1100)
DESCENT, THE (R) - ID REQ'D DIG (1225 255 515) 755 1025
NIGHT LISTENER, THE (R) - ID REQ'D DIG (1230 250 510) 730 940
BARNYARD (PG) DIG (1140 205 425) 720 940
SCOOPE (PG-13) DIG (1145 215 500) 740 1010
ANT BULLY, THE (PG) DIG (1205 225 445) 705
SUPER EX-GIRLFRIEND (PG-13) DIG (1150 210 430) 710 935
LITTLE MAN (PG-13) DIG (110) 945
PIRATES OF THE CARIBBEAN: DEAD MAN (PG-13) DIG (1210)
DEVIL WEARS PRADA, THE (PG-13) DIG (110 335 435) 700 800 1030
SUPERMAN RETURNS (PG-13) DIG (115 315 645) 1015

OC= Open Captioned DA= Descriptive Audio Available

FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale DCI QUATERFALS (NCM EVENT) (NR) ★
Adv. Tix on Sale NIGHTMARE ON ELM STREET (NCM EVENT) (NR) ★
TALLADEGA NIGHTS: THE BALLAD OF RIC (PG-13) DIG (1100)
DESCENT, THE (R) - ID REQ'D DIG (145 145 230 415 515) 715 800 950 1030
NIGHT LISTENER, THE (R) - ID REQ'D DIG (1120 200 430) 740 1010
PIRATES OF THE CARIBBEAN: DEAD MAN (PG-13) DIG (1150)
SUPER EX-GIRLFRIEND (PG-13) DIG (1200 220 440) 730 955
CLERKS II (R) - ID REQ'D DIG (1210 240 500) 750 1020
SUPERMAN RETURNS (PG-13) DIG (1140 305) 700 1015
CLUCK (PG-13) DIG (1220 320) 650
A SCANNER DARKLY (R) - ID REQ'D (930)

Free Family Film Festival Tue & Wed 10AM

GERMANTOWN STADIUM 14
20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale WORLD TRADE CENTER (PG-13) ★
Adv. Tix on Sale SNAKES ON A PLANE (R) - ID REQ'D ★
TALLADEGA NIGHTS: THE BALLAD OF RIC (PG-13) DIG (1100)
BARNYARD (PG) DIG (1200 220 500) 745 1015
NIGHT LISTENER, THE (R) - ID REQ'D DIG (1150 220 450) 730 1000
ANT BULLY, THE (PG) DIG (1145 205 430) 710
JOHN TUCKER MUST DIE (PG-13) DIG (1210 230 500) 730 1015
MIAMI VICE (R) - ID REQ'D DIG (1150 1230 300 345) 700 740 1010
CLERKS II (R) - ID REQ'D DIG (1040)
LADY IN THE WATER (PG-13) DIG (145) 750
MONSTER HOUSE (PG) DIG (1215 240 505) 735 1005
LITTLE MAN (PG-13) DIG (115) 720
YOU, ME AND DUPREE (PG-13) DIG (1200) 620
PIRATES OF THE CARIBBEAN: DEAD MAN (PG-13) DIG (1240)
DEVIL WEARS PRADA, THE (PG-13) DIG (415) 745
SUPERMAN RETURNS (PG-13) DIG (120 415) 715 930

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9161 Commerce Ctr Dr 800-FANDANGO 570#

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Adv. Tix on Sale SNAKES ON A PLANE (R) - ID REQ'D ★
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TALLADEGA NIGHTS: THE BALLAD OF RIC (PG-13) DIG (1100)
DESCENT, THE (R) - ID REQ'D DIG (1210 230 400) 725 950
NIGHT LISTENER, THE (R) - ID REQ'D DIG (130 430) 745 1015
BARNYARD (PG) DIG (1200 230 500) 730 950
TALLADEGA NIGHTS: THE BALLAD OF RIC (PG-13) DIG (115 215)
SCOOPE (PG-13) DIG (1245 315) 645 915
ANT BULLY, THE (PG) DIG (1215 245 515) 745
JOHN TUCKER MUST DIE (PG-13) DIG (1140 220 430) 700
MIAMI VICE (R) - ID REQ'D DIG (1200 400) 700 1005
MONSTER HOUSE (DTS-CSS/OPEN CAPTION) (PG) DIG (500) 1020
CLERKS II (R) - ID REQ'D DIG (145 445) 815 1020
SUPER EX-GIRLFRIEND (PG-13) DIG (1200) 630
LADY IN THE WATER (PG-13) DIG (300) 915
MONSTER HOUSE (PG) DIG (1200 230) 800
YOU, ME AND DUPREE (PG-13) DIG (1230) 620
PIRATES OF THE CARIBBEAN: DEAD MAN (PG-13) DIG (1215)
DEVIL WEARS PRADA, THE (PG-13) DIG (330) 700 1015
SUPERMAN RETURNS (PG-13) DIG (315) 930

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11380 Bulloch Drive 800-FANDANGO 490#

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Adv. Tix on Sale SNAKES ON A PLANE (R) - ID REQ'D ★
DESCENT, THE (R) - ID REQ'D DIG (1135 210 455) 740 1020
NIGHT LISTENER, THE (R) - ID REQ'D DIG (1150 220 450) 730 1000
TALLADEGA NIGHTS: THE BALLAD OF RIC (PG-13) DIG (1230)
BARNYARD (PG) DIG (100 320 350) 730 800 1010 1030
ANT BULLY, THE (PG) DIG (1125 150 420) 720 940
JOHN TUCKER MUST DIE (PG-13) DIG (1205 235 445) 745 1000
MIAMI VICE (R) - ID REQ'D DIG (1155 1220 300) 645 710 945
CLERKS II (R) - ID REQ'D DIG (330) 1015
LADY IN THE WATER (PG-13) DIG (1245 400) 640 930
MONSTER HOUSE (PG) DIG (1150 220 440) 705 920
LITTLE MAN (PG-13) DIG (1255) 755
YOU, ME AND DUPREE (PG-13) DIG (515) 935
PIRATES OF THE CARIBBEAN: DEAD MAN (PG-13) DIG (250) 650 1005
DEVIL WEARS PRADA, THE (PG-13) DIG (1240) 640
SUPERMAN RETURNS (PG-13) DIG (925)

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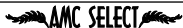
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BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) / 11:45, 1:35, 2:05, 3:25, 4:25, 5:55, 6:55, 8:25, 9:35, 10:45
THE DESCENT (R) / 11:20, 1:45, 4:20, 6:45, 9:30
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) / 11:30, 1:00, 2:15, 3:45, 5:00, 6:30, 7:45, 9:20, 10:30
THE ANT BULLY (PG) 11:25, 12:55, 1:50, 3:10, 4:10, 6:40, 9:25
JOHN TUCKER MUST DIE (PG13) 11:15, 1:30, 3:50, 6:05, 8:20, 10:40
MIAMI VICE (R) 11:00, 12:15, 2:00, 3:40, 5:15, 7:00, 8:30, 10:15
MIAMI VICE (R) 12:15, 3:40, 7:00, 10:15
CLERKS II (R) 1:25, 3:55, 6:20, 9:05
LADY IN THE WATER (PG13) 1:40, 4:15, 7:10, 9:55
MONSTER HOUSE (PG) 1:10, 3:30, 5:50, 8:10, 10:35
MY SUPER EX-GIRLFRIEND (PG13) 11:10, 1:35, 4:05, 6:35, 9:15
LITTLE MAN (PG13) 11:50, 2:30, 5:10, 7:55, 10:25
YOU, ME AND DUPREE (PG13) 11:40, 2:35, 5:30, 8:15, 10:45
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 1:55, 4:10, 5:20, 7:30, 9:10
THE DEVIL WEARS PRADA (PG13) 11:05, 1:45, 4:30, 7:15, 10:00
SUPERMAN RETURNS (PG13) 5:25, 8:50
CARS (G) 1:20



THE NIGHT LISTENER (R) / 11:55, 2:25, 4:55, 7:20, 9:45
A SCANNER DARKLY (R) 11:35, 2:20, 5:05, 7:50, 10:20
SCOOP (PG13) 11:35, 2:10, 4:45, 7:35, 10:05

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703-971-3991

BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 12:50, 3:10, 5:30, 7:45, 9:55
THE DESCENT (R) 1:30, 4:30, 7:20, 9:50
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 1:15, 4:30, 7:15, 10:10
THE ANT BULLY (PG) 12:45, 3:00, 5:15, 7:30, 9:45
JOHN TUCKER MUST DIE (PG13) 1:00, 3:10, 5:25, 7:45, 10:10
MIAMI VICE (R) 1:00, 4:00, 7:00, 10:00
MONSTER HOUSE (PG) 12:45, 3:00, 5:15, 7:30, 9:45
LITTLE MAN (PG13) 1:20, 4:15, 7:00, 9:20
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:30, 3:40, 6:50, 10:00



THE NIGHT LISTENER (R) 1:10, 4:00, 7:15, 9:20

AMC MAZZA GALLERIE

Jenifer and Wisconsin
202-537-9553

BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) / 1:00, 3:15, 5:30, 7:50, 10:00
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) / 1:10, 4:05, 7:00, 10:10
JOHN TUCKER MUST DIE (PG13) 2:00, 4:25, 7:20, 9:30
CLERKS II (R) 1:50, 4:45, 7:40, 10:10
LADY IN THE WATER (PG13) 1:40, 4:35, 7:30, 10:00
MONSTER HOUSE (PG) 1:20, 3:30, 5:45, 8:00, 10:15
MONSTER HOUSE (PG) 1:20, 3:30, 5:45, 8:00, 10:15
THE DEVIL WEARS PRADA (PG13) 1:30, 4:15, 7:10, 9:45

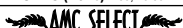
LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441

DIGITAL 3D

MONSTER HOUSE (PG) 12:10, 2:30, 4:50, 7:10, 9:30

THE DESCENT (R) / 12:00, 2:25, 4:55, 7:15, 9:45
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) / 11:00, 1:55, 4:35, 7:20, 10:00
JOHN TUCKER MUST DIE (PG13) / 1:05, 3:20, 5:35, 8:00, 10:20
MIAMI VICE (R) 12:35, 1:35, 3:40, 4:40, 6:45, 7:45, 9:55, 10:45
MIAMI VICE (R) 12:35, 3:40, 6:45, 9:55
CLERKS II (R) 4:40, 9:35
LADY IN THE WATER (PG13) 1:50, 7:55
MY SUPER EX-GIRLFRIEND (PG13) 12:00 PM
YOU, ME AND DUPREE (PG13) 1:40, 4:15, 6:50, 9:40
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:15, 3:35, 7:00, 10:25
THE DEVIL WEARS PRADA (PG13) 2:05, 4:45, 7:30, 10:15
SUPERMAN RETURNS (PG13) 4:30, 10:30



THE NIGHT LISTENER (R) / 12:50, 3:05, 5:20, 7:40, 10:05
SCOOP (PG13) 1:00, 3:25, 5:50, 8:15, 10:35
LITTLE MISS SUNSHINE (R) / 11:00, 12:45, 2:05, 3:10, 5:40, 7:05, 8:10, 10:40

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
202-333-3456



THE NIGHT LISTENER (R) 11:45, 2:10, 4:30, 7:00, 9:20

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886
703-998-4262

BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) / 1:55, 4:20, 6:50, 9:20
THE DESCENT (R) / 1:20, 3:45, 6:30, 8:55
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) / 12:45, 1:45, 3:25, 4:30, 6:15, 7:15, 9:00, 10:00
THE ANT BULLY (PG) 1:50, 4:15, 6:40, 9:05
JOHN TUCKER MUST DIE (PG13) 1:40, 4:10, 6:45, 9:10
MIAMI VICE (R) 12:30, 3:50, 7:00, 8:00, 10:05
CLERKS II (R) 12:35, 3:00, 5:25, 7:50, 10:15
LADY IN THE WATER (PG13) 2:30, 5:15, 8:00, 10:40
MONSTER HOUSE (PG) 2:20, 4:50, 7:20, 9:35
MY SUPER EX-GIRLFRIEND (PG13) 5:00, 10:50
LITTLE MAN (PG13) 2:15, 4:45, 7:25, 9:55
YOU, ME AND DUPREE (PG13) 2:00, 4:55, 7:35, 10:10
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:15, 3:45, 7:05, 10:20
THE DEVIL WEARS PRADA (PG13) 2:35, 5:10, 7:45, 10:35
SUPERMAN RETURNS (PG13) 1:35, 7:30
CARS (G) 2:25, 5:10



THE NIGHT LISTENER (R) / 2:10, 4:40, 7:10, 9:40
SCOOP (PG13) 2:05, 4:35, 6:55, 9:15

AMC COLUMBIA MALL 14

10300 Patuxent Parkway
410-423-0520

BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 12:40, 3:00, 5:20, 8:00, 10:20
THE DESCENT (R) 2:30, 5:00, 7:45, 10:25
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 1:15, 4:15, 7:00, 10:00
THE ANT BULLY (PG) 12:55, 3:10, 5:30, 7:50
JOHN TUCKER MUST DIE (PG13) 1:10, 3:15, 5:45, 8:15, 10:45
MIAMI VICE (R) 1:00, 4:00, 7:15, 10:30
CLERKS II (R) 1:50, 4:55, 7:25, 9:50
LADY IN THE WATER (PG13) 5:25, 8:05, 10:50
MONSTER HOUSE (PG) 12:50, 3:20, 5:50, 8:10, 10:35
LITTLE MAN (PG13) 12:35, 5:25, 10:40
YOU, ME AND DUPREE (PG13) 2:55, 7:55
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:10, 3:25, 6:50, 10:15
THE DEVIL WEARS PRADA (PG13) 1:45, 4:50, 7:35, 10:05
SUPERMAN RETURNS (PG13) 10:10 PM
CARS (G) 12:00, 2:35
CARS (G) 12:00, 2:35



THE NIGHT LISTENER (R) 1:55, 4:40, 7:10, 9:45
SCOOP (PG13) 12:30, 2:50, 5:10, 7:30, 9:55

LOEWS FAIRFAX SQUARE 8

8065 Leesburg Pike
703-506-9857 802

REEL MOMS
MY SUPER EX-GIRLFRIEND (PG13) 11:00 AM
CLERKS II (R) 12:45, 4:15, 7:15, 9:55
MY SUPER EX-GIRLFRIEND (PG13) 1:30, 4:45, 7:50, 9:55
LITTLE MAN (PG13) 1:15, 5:30, 8:00, 10:10
STRANGERS WITH CANDY (R) 1:00, 5:00, 7:45, 10:05
SUPERMAN RETURNS (PG13) 12:00, 3:30, 6:45, 9:50
CLICK (PG13) 7:30, 9:55
CARS (G) 1:45, 4:30
AN INCONVENIENT TRUTH (PG) 12:15, 2:30, 5:15, 7:55, 10:00
THE DA VINCI CODE (PG13) 12:30, 4:00, 7:00, 10:00

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo
301-324-4220 844

BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 2:15, 4:45, 7:10, 9:40
THE DESCENT (R) 12:50, 2:10, 3:10, 4:40, 5:40, 7:00, 8:10, 9:30, 10:30
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 2:00, 4:30, 7:15, 10:00
THE ANT BULLY (PG) 1:10, 3:30, 5:50
JOHN TUCKER MUST DIE (PG13) 2:45, 5:15, 7:45, 10:10
MIAMI VICE (R) 1:20, 2:05, 4:20, 5:00, 7:20, 8:00, 10:20, 10:50
LADY IN THE WATER (PG13) 7:50, 10:25
MONSTER HOUSE (PG) 2:25, 4:55, 7:25, 9:55
MY SUPER EX-GIRLFRIEND (PG13) 8:15, 10:40
LITTLE MAN (PG13) 2:30, 5:05, 7:30, 10:05
LITTLE MAN (PG13) 2:30, 5:05, 7:30, 10:05
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:40, 3:55, 7:05, 10:15
SUPERMAN RETURNS (PG13) 1:25, 4:35

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

SCOOP (PG13) 1:10, 4:40, 7:40, 9:40
LITTLE MISS SUNSHINE (R) 1:00, 1:50, 3:40, 4:30, 7:00, 7:30, 9:10, 9:50
SHADOWBOXER (R) 2:00, 4:20, 7:50, 10:00
WORDPLAY (PG) 1:40, 4:10, 7:10, 9:20
A PRAIRIE HOME COMPANION (PG13) 1:20, 3:50, 7:00, 9:20
AN INCONVENIENT TRUTH (PG) 1:30, 4:50, 7:20, 9:30



AMC TYSONS CORNER 16

7850 Tysons Corner Center
703-998-4262

BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) / 11:00, 1:10, 3:20, 5:35, 7:55, 10:10
THE DESCENT (R) / 11:20, 1:40, 4:20, 7:05, 9:30
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) / 10:55, 12:00, 1:35, 2:40, 4:15, 5:25, 7:00, 8:10, 9:35, 10:50
THE ANT BULLY (PG) 11:10, 1:20, 3:30, 5:40, 7:50, 10:00
JOHN TUCKER MUST DIE (PG13) 10:45, 12:50, 3:00, 5:15, 7:35, 9:50
MIAMI VICE (R) 11:30, 12:55, 2:30, 4:05, 5:45, 7:20, 8:50, 10:25
MIAMI VICE (R) 11:30, 2:30, 5:45, 8:50
LADY IN THE WATER (PG13) 11:25, 1:55, 4:45, 7:40, 10:20
MONSTER HOUSE (PG) 10:45, 1:00, 3:15, 5:30, 7:45, 9:55
YOU, ME AND DUPREE (PG13) 11:15, 1:50, 4:35, 7:10, 10:05
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 10:55, 12:25, 2:05, 3:45, 5:20, 7:15, 8:35, 10:35
THE DEVIL WEARS PRADA (PG13) 11:10, 1:45, 4:25, 7:30, 10:15



THE NIGHT LISTENER (R) / 11:05, 1:15, 3:25, 5:50, 8:25, 10:45
SCOOP (PG13) 10:50, 1:05, 3:35, 5:55, 8:15, 10:40

AMC RIVERTOWNE 12

Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.
703-998-4AMC

BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) / 12:30, 3:10, 5:45, 8:20
THE DESCENT (R) / 1:30, 4:30, 7:30
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) / 1:00, 4:10, 7:20
THE ANT BULLY (PG) 12:40, 3:00, 5:30, 8:00
JOHN TUCKER MUST DIE (PG13) 12:50, 3:00, 5:25, 8:05
MIAMI VICE (R) 12:30, 1:40, 4:00, 4:40, 7:00, 7:40
LADY IN THE WATER (PG13) 1:50, 4:50, 7:30
MONSTER HOUSE (PG) 12:35, 3:15, 5:40, 8:10
LITTLE MAN (PG13) 1:20, 4:20, 7:00
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:45, 4:00, 7:20
SUPERMAN RETURNS (PG13) 12:30, 3:50, 7:10

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4AMC

TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) / 12:30, 3:00, 5:30, 8:00, 10:30
JOHN TUCKER MUST DIE (PG13) 12:45, 3:05, 5:15, 7:30, 9:45
CLERKS II (R) 12:15, 2:45, 5:20, 7:45, 10:10
LADY IN THE WATER (PG13) 1:30, 4:30, 7:15, 10:00
MONSTER HOUSE (PG) 1:45, 4:15, 6:30, 9:05
YOU, ME AND DUPREE (PG13) 12:00, 2:30, 5:00, 7:40, 10:15
CARS (G) 1:00, 4:05, 6:45, 9:30



A SCANNER DARKLY (R) 1:50, 4:20, 7:00, 9:40

AMC COUNTRY CLUB MALL 6

Country Club Mall on Vocke Rd near Route 68.
703-998-4AMC

BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) / 12:15, 2:30, 4:45, 7:00, 9:15
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) / 12:30, 3:00, 5:30, 8:00, 10:30
MIAMI VICE (R) 1:15, 4:30, 7:30, 10:30
MIAMI VICE (R) 1:15, 4:30, 7:30, 10:30
CLERKS II (R) 12:45, 7:30
MONSTER HOUSE (PG) 12:30, 2:45, 5:00, 7:15, 9:30
LITTLE MAN (PG13) 4:15, 9:45
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:45, 4:00, 7:15, 10:20

LOEWS WISCONSIN AVE. 6

4000 Wisconsin Avenue, N.W.
202-244-0880

THE DESCENT (R) 1:50, 4:25, 7:00
THE ANT BULLY (PG) 2:00, 4:20, 6:50
MIAMI VICE (R) 12:40, 1:15, 3:40, 4:30, 7:30
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 2:45, 6:10
SUPERMAN RETURNS (PG13) 1:00, 4:15, 7:35

LOEWS DUPONT 5

1350 19th St.
202-333-3456



JAILBAIT (R) 3:00, 5:40, 7:50, 10:00
A SCANNER DARKLY (R) 2:40, 5:00, 7:20, 9:50
SHADOWBOXER (R) 2:15, 4:40, 7:10, 9:20
WORDPLAY (PG) 2:30, 5:20, 7:40, 9:40
A PRAIRIE HOME COMPANION (PG13) 2:00, 7:30, 9:50
THE LOST CITY (R) 4:30

LOEWS WHITE FLINT 5

North Bethesda
310-423-1014 741

MIAMI VICE (R) 12:30, 3:45, 7:10, 10:00
LADY IN THE WATER (PG13) 12:00, 2:20, 5:00, 7:25, 10:15
MONSTER HOUSE (PG) 12:10, 2:30, 4:45, 7:05, 9:30
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:15, 3:30, 7:00, 10:05
THE DEVIL WEARS PRADA (PG13) 11:55, 2:40, 5:10, 7:35, 10:10

THE NEW YORK TIMES BESTSELLER
NOW IN PAPERBACK

"IT'S A FIERCE AND FUNNY STORY

ABOUT AMBITION AND YEARNING
AND NECESSARY BETRAYALS...
[A] SUPERB LITERARY BREW."

— MAUREEN CORRIGAN, NPR's *FRESH AIR*

"THE BEST MEMOIRIST OF HIS KIND

SINCE MARY KARR WROTE
THE LIAR'S CLUB."

— JANET MASLIN, *THE NEW YORK TIMES*

"AN ACHING TORCH SONG."

— DONNA RIFKIND, *LOS ANGELES TIMES*

"A BEAUTIFUL LOVE LETTER

Television



BRING BACK THE FUNNY: HBO will air new editions of "Russell Simmons' Def Comedy Jam" beginning in September. It will be hosted by Mike Epps and feature comics including Mark Curry, D.L. Hughley, left, and Earthquake.

Lure of the Rebel

WE channel looks at the enduring erotic appeal of bad boys

REBELS | The documentary series "Secret Lives of Women" (10 p.m., WE) looks at one of the more peculiar phenomena of recent history: women who fall in love with men behind bars.

"Secret" uses recent news footage to recall the short, violent escapade of a so-called "Bonnie and Clyde" couple who shot their way out of prison.

The hourlong expose shows that while these women betray an



TILL DEATH: "Night Stalker" Richard Ramirez with his bride, Doreen Lioy.

extreme predilection for very bad boys, they come from all races and income and education levels. Two women write extensively about the men (now their husbands) who are still behind bars. One woman is a black American political activist, another a white Canadian novelist. Both remain devoted to their men and defend their decisions.

Not all of the women here are so well-spoken or in charge of their lives. Some seem naive and desperate, to say the least. One male prison guard says he can't believe the number of love letters and other "fan" mail sent to convicted serial killers. Most of the women profiled here found their men through prison-outreach pen-pal programs or on the Internet. **KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)**

ON TV TONIGHT

SMALL WONDERS

POV (10 p.m., PBS) Twenty years after the documentary "Little People," director Jan Krawitz revisits her subjects — individuals affected by dwarfism — in the 2005 film "Big Enough."

AIR-CONDITIONED SPLENDOR

TV-themed DVDs released today include the first season of **PRISON BREAK**. The drama's second season kicks off Aug. 21. Others include the second season of **LAGUNA BEACH: THE REAL ORANGE COUNTY**; season three of HBO's **THE WIRE**; season two of **THE BRAK SHOW** and the fourth season of **SEALAB 2021**.

WIVES? WHAT WIVES?

Three generations of male racing enthusiasts appear to take their wives for granted on **QUEER EYE FOR THE STRAIGHT**



PICTURE POSTCARD: Brak, left, is just your average suburban insectoid teen.

GUY (10 p.m., Bravo).

CULT CHOICE

Agent 007 (Sean Connery) lounges beside a Miami hotel poolside in cabana wear in the 1964 thriller **GOLDFINGER** (9 p.m., Spike). **KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)**

8:30:06	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30		
LOCAL CHANNELS	WRC	4 News		NBC Nightly News	Access Hollywood	Fear Factor "Young vs. Old" (N) ⚡	Last Comic Standing (N) ⚡		Law & Order: Special Victims Unit ⚡		News	Tonight Show		
	WTTG	5 Seinfeld ⚡	The Simpsons ⚡	The Simpsons ⚡	Seinfeld ⚡	House "Sleeping Dogs Lie" ⚡	Bones "Two Bodies in the Lab"		News		News	Geraldo at Large		
	WJLA	7 News	ABC Wld News	Wheel of Fortune	Jeopardy! ⚡	According to Jim	According to Jim	According to Jim	Boston Legal "Helping Hands" ⚡		News	(35) Nightline		
	WUSA	9 News	CBS News	9News Tonight	Entertainment	Big Brother: All-Stars (N) ⚡	Rock Star: Supernova (N) ⚡		48 Hours Mystery ⚡		News	Late Show		
	WDCB	20 King of the Hill ⚡	That '70s Show	That '70s Show	Every-Raymond	Veronica Mars "The Rapes of Graft"	Veronica Mars "Plan B" ⚡		The Tyra Banks Show (N) ⚡		Girlfriends ⚡	Girlfriends ⚡		
	WMPT	22 The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors	Nova Scientists search for life in the universe. ⚡ (DVS)			Nova ⚡ (DVS)		Vertical Frontier			
	WETA	26 BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Rich Dad's Guide to Wealth With Robert Kiyosaki Wealth-building strategies.			Roy Orbison & Friends: A Black and White Night ⚡			Pennington		
WHUT	32 World Business	Tavis Smiley ⚡	BBC World News	Moneywise	Mystery! ⚡ (DVS)		Forsaken Fields	BBC World News	Tavis Smiley ⚡	Charlie Rose (N) ⚡				
WDCW	50 My Wife and Kids	Bernie Mac	My Wife and Kids	Bernie Mac	Gilmore Girls "The Perfect Dress" ⚡		Gilmore Girls ⚡		Friends ⚡	Friends ⚡	Sex and the City	Sex and the City		
BASIC CABLE	A&E	Cold Case Files ⚡		Crossing Jordan "Thin Ice" ⚡		Bounty Hunter	Bounty Hunter	Dog the Bounty Hunter Wedding. (N)		Dog the Bounty Hunter (N) ⚡	Gene Simmons	Gene Simmons		
	Animal	The Crocodile Hunter Diaries ⚡		The Most Extreme "Daredevils"		The Most Extreme "Living Dead"		Weird Nature Symbiotic relationships.		Miami Animal Police ⚡	The Most Extreme	"Living Dead"		
	BET	106 & Park: BET's Top 10 Live ⚡			Movie Special (N)	★ ★ "Paid in Full" (2002, Crime Drama)	Wood Harris, Mekhi Phifer. ⚡			Comicview ⚡	Jamie Foxx	Jamie Foxx		
	Bravo	America's Got Talent ⚡		The West Wing "The Ticket" ⚡		Work Out ⚡		Work Out (N) ⚡		Queer Eye for the Straight Guy (N)	Work Out ⚡			
	Comedy	★ ★ "The Big Lebowski" (1998) Jeff Bridges, John Goodman. ⚡				Daily Show	Colbert Report	Chappelle's Show	South Park ⚡	Chappelle's Show	Reno 911! ⚡	Daily Show	Colbert Report	
	Court	Forensic Files	Forensic Files	Cops ⚡	Cops ⚡	Cops ⚡	Cops ⚡	Cops ⚡	Cops ⚡	The Investigators		Masterminds	Masterminds	
	Discovery	How It's Made	How It's Made	Extreme Engineering ⚡		Dirty Jobs "Micro Algae Man" ⚡		Dirty Jobs "Coal Miner" Coal mining.		Stunt Junkies	Stunt Junkies	Oil, Sweat and Rigs ⚡		
	DISCH	Paramedics ⚡		Trauma: Life in the ER ⚡		First Days "First Day" ⚡		Untold Stories of the E.R.		Strictly Dr. Drew Preventive. (N)		First Days "First Day" ⚡		
	Disney	That's So Raven	Zack & Cody	Phil of the Future	That's So Raven	"Read It and Weep" (2006, Comedy) Kay Panabaker, Danielle Panabaker.			American Drgn	American Drgn	Zack & Cody	That's So Raven		
	E!	Forbes Celebrity 100		E! News (N)	The Daily 10 (N)	Sexiest Red carpet.		True Hollywood Story		Girl Next Door	Girl Next Door	E! News	The Daily 10	
	FX	King of the Hill ⚡	That '70s Show	That '70s Show	★ ★ ★ "Hellboy" (2004) Ron Perlman. Premiere. The son of the devil fights paranormal creatures.		Designed to Sell	Bad, Bad Bath	Decorating Cents	Curb Appeal (N)		Rescue Me "Retards" (N)	(35) Rescue Me "Retards"	
	HGTV	Renovation	If Walls Could	What's-House?	House Hunters						House Hunters	Buy Me ⚡	Parents House	Designer Finals
	Family	7th Heaven "Gossip" ⚡		7th Heaven "Tunes" ⚡		★ ★ ★ "Mrs. Doubtfire" (1993) Robin Williams. An estranged dad poses as a nanny to be with his children. ⚡						The 700 Club ⚡		
	History	Modern Marvels: Dangerous Cargo		Modern Marvels: Gas Tech ⚡		Band of Brothers ⚡			(25) Band of Brothers ⚡		Sink the Tirpitz Sinking a German battleship. ⚡			
	Lifetime	Reba ⚡	Reba ⚡	"A Trick of the Mind" (2006) Paul Johansson, Alexandra Holden. ⚡		★ ★ "The Ticket" (1997, Suspense) Shannen Doherty, James Marshall. ⚡					Will & Grace ⚡	Will & Grace ⚡		
	MTV	My Own (N) ⚡	Room Raiders (N)	Sucker Free ⚡		Super Sweet	Super Sweet	The Real World	The Real World	The Real World	Paris (N) ⚡	Final Fu ⚡	Next ⚡	
	NICK	Ned's School	Danny Phantom	Fairly OddParents	Jimmy Neutron	SpongeBob	Zoey 101 ⚡	Full House ⚡	Hi-Jinks (N) ⚡	Roseanne ⚡	(35) Roseanne ⚡	(10) Roseanne ⚡	(45) Roseanne ⚡	
	SCI FI	Stargate SG-1 "Heroes" ⚡		Dead Like Me "My Room" ⚡		Dead Like Me George's first kiss. ⚡		Eureka "Alienated" (N) ⚡		ECW (Live) ⚡		(05) Eureka "Alienated" ⚡		
	SPIKE	World's Wildest Police Videos ⚡		CSI: Crime Scene Investigation ⚡		CSI: Crime Scene Investigation ⚡		★ ★ ★ "Goldfinger" (1964, Action) Sean Connery. Agent 007 fights Oddjob and a madman's Fort Knox scheme. ⚡						
	TBS	Seinfeld ⚡	Seinfeld ⚡	Every-Raymond	Every-Raymond	Friends ⚡	Friends ⚡	Sex and the City	(35) Sex and the City "One" ⚡		(20) Seinfeld	(10:50) Seinfeld	(20) Captain Ron	
TLC	While You Were Out ⚡		Overhaulin' "Junk in the Trunk"		Rides Working on a Camaro.		Overhaulin' "Chip & Chris Flipped" (N)		Miami Ink (N)		Overhaulin' "Chip & Chris Flipped"			
TNT	Law & Order "Couples" ⚡		Without a Trace "Doppelganger" ⚡		Law & Order "Bitch" ⚡ (DVS)		Law & Order "The Ring" ⚡		Law & Order "Hitman" ⚡ (DVS)		Cold Case "Disco Inferno" ⚡			
USA	(5:00) ★ ★ "Jeepers Creepers 2"		Law & Order: Criminal Intent ⚡		Law & Order: Special Victims Unit ⚡		★ ★ "Bring It On" (2000, Comedy) Kirsten Dunst, Eliza Dushku. ⚡				(05) Law & Order: Criminal Intent ⚡			
VHI	Reality Secrets Revealed 2 ⚡		Celebrity Fit Club ⚡		40 Greatest Pranks ⚡				The Flavor of Love ⚡			★ ★ Juice (1992)		
SPAN	TELEM	Sala de Parejas	Noti-Telemndo	Viuda de Blanco		Tierra de Pasiones		Amores de Mercado		Decisiones	Noti-Telemndo	Laura		
	UNIV	Que Locura	Noticiero Univ	Heridas de Amor (N)		La Fea Más Bella (N)		Barrera de Amor (N)		Que Madre Tan	Vecinos	Primer Impacto	Noticiero Univ.	
SPORTS	ESPN	SportsCenter (Live) ⚡		World Series of Darts (N)		2006 World Series of Poker (Taped)		2006 World Series of Poker (Taped)		The Contender (N)		SportsCenter (Live) ⚡		
	ESPN2	Mike and Mike	Around the Horn	Interruption	ATP Tennis U.S. Open Series - Rogers Cup Early Round - Day 2. (Live)		WNBA Basketball		Minnesota Lynx at Phoenix Mercury. (Live) ⚡			Streetball ⚡		
	CSN	In Focus on FSN	SportsNite ⚡	WNBA Basketball San Antonio Silver Stars at Washington Mystics. (Live)		Victor Awards XL From Honolulu.			SportsNite (Live) ⚡		WNBA Weekly	Final Score		
NEWS	CNN	Lou Dobbs Tonight ⚡		The Situation Room		Paula Zahn Now ⚡		Larry King Live ⚡		Anderson Cooper 360 ⚡				
	FNC	Special Report (Live) ⚡		The Fox Report With Shepard Smith		The O'Reilly Factor (Live) ⚡		Hannity & Colmes (Live) ⚡		On the Record-Van Susteren		The O'Reilly Factor		
	MSNBC	Tucker		Hardball ⚡		Countdown With Keith Olbermann		Scarborough Country		MSNBC Inv: The Vampire Killings		MSNBC Investigates: The Runaways		
MOVIES	AMC	(5:15) ★ ★ "Hidalgo" (2004, Adventure) Viggo Mortensen. 'PG-13' ⚡				★ ★ ★ "El Dorado" (1967, Western) John Wayne, Robert Mitchum, James Caan. 'NR' ⚡				(45) ★ ★ ★ "El Dorado" (1967) John Wayne. 'NR' ⚡				
	TCM	(1:15) ★ ★ ★ "The Dark Command" (1940, Western) John Wayne. 'NR' ⚡				★ ★ ★ "The Desperadoes" (1943) Glenn Ford. 'NR'		★ ★ ★ "Key Largo" (1948) Humphrey Bogart. 'NR'			(15) ★ ★ ★ "Murder, My Sweet"			
	HBO	(5:30) ★ ★ ★ "Without Limits" (1998) Billy Crudup. ⚡		★ ★ ★ "Chicken Run" (2000) Voices of Mel Gibson. 'G'		★ ★ "Mr. & Mrs. Smith" (2005, Action) Brad Pitt. ⚡ 'PG-13' ⚡					Deadwood "Amateur Night" ⚡			
	MAX	Independence	(3:5) ★ ★ "Critters 4" (1992) Don Oppel. ⚡ 'PG-13' ⚡		(15) ★ ★ "Hide and Seek" (2005, Suspense) Robert De Niro. ⚡ 'R' ⚡				★ ★ "Miss Congeniality 2: Armed and Fabulous" (2005) Sandra Bullock. ⚡					
	SHOW	(4:30) City Hall 'R'	★ ★ ★ "Dallas 362" (2003) Scott Caan. 'TV. ⚡ 'R' ⚡		(15) ★ "National Lampoon's Dorm Daze" (2003) Tatyana Ali. 'R' ⚡				Sexual Healing Stress and overwork.		Brotherhood "Matthew 12:25" (ITV)			
	TMC	(0:5) ★ ★ "Return to Paradise" (1998, Drama) Vince Vaughn. ⚡ 'R' ⚡		"Shooting Gallery" (2005) Freddie Prinze Jr. 'R' ⚡		(45) ★ ★ "The Final Cut" (2004) Robin Williams. ⚡ 'PG-13' ⚡					★ ★ Sheena 'PG'			
	STARZ!	(5:35) ★ ★ "The Last Shot" (2004) ⚡	(1:5) ★ ★ ★ "Elif" (2003, Comedy) Will Ferrell, James Caan. ⚡ 'PG' ⚡			★ ★ "Sky High" (2005) Michael Angarano. ⚡ 'PG' ⚡			(40) ★ ★ "Lords of Dogtown" (2005) Emile Hirsch. ⚡					
ENCORE	(1:15) ★ ★ "The Forgotten" (2004, Suspense) Julianne Moore. ⚡ 'PG-13' ⚡		★ ★ "Hostage" (2005, Action) Bruce Willis, Kevin Pollak. ⚡ 'R' ⚡		★ ★ "Fair Game" (1995) Cindy Crawford. ⚡ 'R' ⚡					(35) Road House				

"Nobody in their right mind would take testosterone just once. It doesn't work that way." — **Floyd Landis**, who defended himself in USA Today and went on all four network morning shows Monday.



Sports

Nats Deal Hernandez for Prospects

New pitchers instantly become best in the system, Bowden says

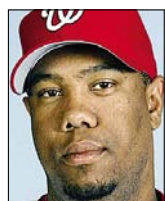
NATIONALS | Livan Hernandez was traded by the Nationals to the Diamondbacks on Monday for a pair of minor league pitchers.

"Obviously, it's tough to trade a Livan," general manager Jim Bowden said. "We love Livan, but we're not here to win tomorrow.

We're here to win long term."

The Nationals received two 23-year-old prospects: right-hander Garrett Mock and left-hander Matt Chico. Both will report to Washington's Double-A affiliate, Harrisburg.

The Nationals tried to force Hernandez through waivers so



Hernandez

they could make a deal with any team, but Arizona blocked the move, limiting Bowden's options.

Bowden said Mock and Chico instantly become the two best pitching prospects in the Nationals' talent-starved farm system. He said both should be ready for the big leagues in 2008, the year the Nationals are scheduled to move into a new ballpark.

Mock (117) and Chico (112) lead the Diamondbacks' minor league

system in strikeouts this year. Mock went 4-8 with a 4.95 ERA in 23 starts, while Chico was 7-2 with a 2.22 ERA in 13 starts.

"Our goal is to trade for pitching, pitching, pitching," Bowden said. "And, hopefully, top pitching prospects that are close to the big leagues."

Bowden said the Nationals have yet to figure out a plan to replace Hernandez in the rotation the rest of the season. **JOSEPH WHITE (AP)**

Wiz Allow Jeffries Go To Knicks

Team favors new guard Stevenson rather than match 5-year contract

WIZARDS | Having found a cheaper and more enthusiastic alternative in DeShawn Stevenson, the Washington Wizards said Monday they won't match the New York Knicks' offer sheet for restricted free agent Jared Jeffries.

The Wizards had seven days to match the Knicks' five-year, \$30 million deal. They spent the week signing Stevenson — who, like Jeffries, is known for his perimeter defense — to a contract that will pay him the NBA minimum of \$932,000 for the upcoming season.

"Jared's representative made it crystal clear that he preferred being in New York," Wizards president of basketball operations Ernie Grunfeld said. "And we feel we have plenty of players who can take up the slack. We have players that want to be here."

Grunfeld said the Wizards will make up for Jeffries' absence with Stevenson and the return of Jarvis Hayes, who missed most of last season with a knee injury. The Wizards have also signed forward Darius Songaila and have high hopes for second-year player Andray Blatche, who played well during summer league games. **JOSEPH WHITE (AP)**

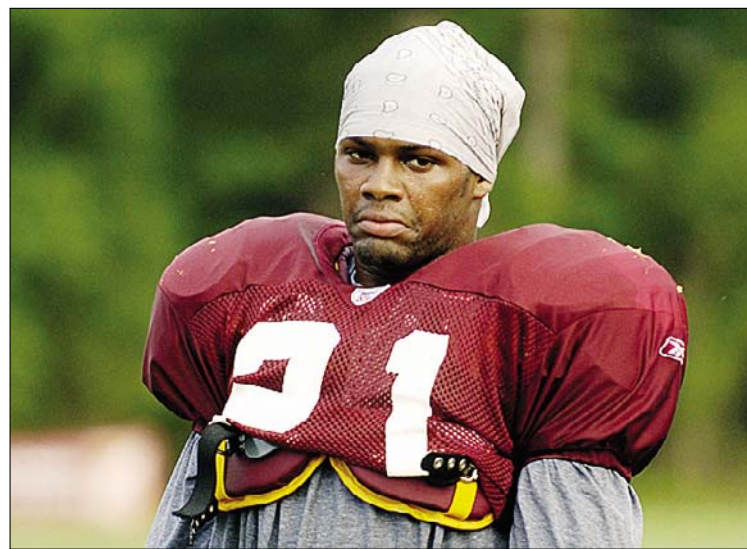
'Skins Taylor Fined, Not Suspended

Safety will lose 4 game checks in connection with his plea bargain

REDSKINS | Washington Redskins safety Sean Taylor has been fined but not suspended by the NFL in connection with a plea bargain stemming from his arrest on felony gun charges in June 2005 in Miami, according to a source with knowledge of the situation.

The NFL typically waits until legal matters are resolved before taking disciplinary action. Taylor will be fined \$100,000, an amount totaling four game checks.

His yearlong legal saga ended June 1 when he entered a plea of no contest to misdemeanor assault and battery charges in Miami-Dade County Circuit Court. The plea agreement included the dismissal



NICK WASS/AP

Safety Sean Taylor will be fined by the NFL an amount totaling four game checks.

al of felony assault charges and no prison time for Taylor, and seemed to represent an extremely favorable outcome in a case in which Taylor

faced up to 46 years in prison as a result of his arrest after a street fight in Miami.

The Redskins have said they

'SKINS SPOTLIGHT

Jesse Lumsden

FIRST YEAR, RUNNING BACK



The standout CFL running back is trying to make the transition to its American counterpart with the Redskins. He faces an uphill

battle against an established depth chart of Clinton Portis, Ladell Betts, and Rock Cartwright. But Lumsden doesn't focus on last year's roster. "My focus is just to work hard and try to earn my spot," Lumsden said. "This is where I wanted to go." **JOE TAUKE**

plan no disciplinary action against Taylor, who had no comment when reached after practice Monday. Taylor's agent, Drew Rosenhaus, also had no comment.

JASON LA CANFORA (THE WASHINGTON POST)

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YAO, THAT HURTS: With Yao Ming out, China never had a chance against the U.S. basketball team. LeBron James scored a game-high 22 points, and the U.S. beat China 119-73. Just last week, the U.S. pounded Puerto Rico by 45 points in another exhibition game.



Sports

Marlins Graded on Curve

Girardi took a squad of Triple-A talent and made it a decent club

NATIONALS | It's not a formula that necessarily screams "job security."

Mix a first-year manager with a club that, having put 21 rookies on the field this season, would seemingly be better suited for some Triple-A outpost where fans come to the park as much for the promotion at the gate as they do to watch.

And for good measure, throw in the lowest payroll in the major leagues in a city that can be, let's just say, apathetic toward the club.

That's the challenge Joe Girardi gladly accepted when he was signed to manage the Florida Marlins. It was a different philosophy than that of his former employer, the New York Yankees, who regularly boast baseball's highest salaries and shop for free agents like a lottery winner at a Lexus dealership.

It has not been an easy road, but thus far, Girardi has been up for the



JAMES A. FINLEY/AP

Joe Girardi has helped the Marlins to a mediocre 51-60 record this season.

challenge. Florida stumbled to an 11-31 record in its first 42 games. But the Marlins are 12 games over .500 since May 22. In fact, at 51-60, they now sit two games in front of the Nationals in the National League East.

At 41, Girardi's only prior big-

league coaching experience came as the Yankees' bench coach last year. Still, he received a ringing endorsement from New York manager Joe Torre, who told Girardi quite simply that he was ready for the job and he should take it and run with it.

"That meant as much to me as anything" Girardi said at his introductory press conference in October. "Joe's brutally honest."

The Marlins arrive in Washington today after being swept at home by the Dodgers. Following the final loss on Sunday, Girardi called a closed-door team meeting to reassure his players and make sure they're prepared for the final two months of a long season.

"School was in session," Girardi told reporters after the game.

But school has been in session all season. And grading on a curve, the Marlins certainly are passing.

DEREK TURNER

Low Point: Thomas Boswell says a plan for high-rises near the stadium is just plain dumb | **Today's Post, Sports**

Swengali

REDSKINS | BY MATT SWENSON

No One Comes Close to 'Skins

COMCAST MIGHT AS WELL WAIT until next season to air the Nationals' games. By the time Sept. 1 comes along, there won't be a soul watching Alfonso Soriano's last month in D.C.

Need proof? How about more than 47,000 fans paying a \$25 parking fee to watch the Redskins-Ravens free scrimmage Saturday. That's more fans than any Nationals game has drawn since baseball returned to D.C.

That's incredible considering we're talking about a glorified practice featuring a bunch of backups. A scrimmage is an even lower form of the preseason than the four exhibition games still to come this month.

Yet it didn't matter. This area can't wait for football season, especially to see whether the Redskins

will live up to all the hype.

It's not necessarily news that the Redskins are king around Washington. But such a turnout reinforces just how far behind every other local team remains.

The poor Nats are practically giving away tickets — the \$3 discount price experiment begins Tuesday — while Dan Snyder charges eight times as much just to park near his monstrosity of a stadium and looks

"Such a turnout reinforces just how far behind every other local team remains."

like a genius based on the result.

Now all Snyder needs is a radio station that actually works throughout the entire area, lest the Redskins duplicate last year's other big problem with Nationals on-air coverage.

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Sports

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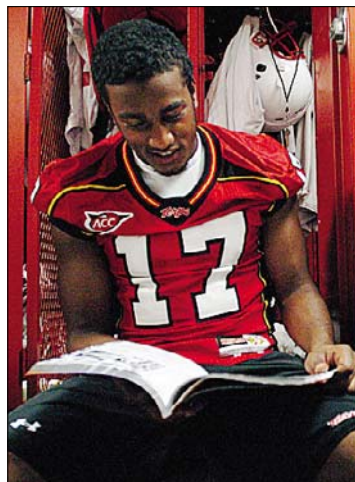
Total number of spectators treated for heat-related illnesses during Sunday's Allstate 400 in Indianapolis. At the Indy 500 in May, 225 people were treated

Terps Take a Wide Focus

Receiver is key position for Maryland just 4 weeks before kickoff

COLLEGE FOOTBALL | Hoping to rebound from consecutive 5-6 seasons, the Maryland Terrapins opened fall football practice Monday with one position more uncertain than all the others — wide receiver.

The Terps need to replace the production of seniors Derrick Fenner, Danny Melendez and Jo Jo Walker, their three starting receivers from a year ago, and tight end Vernon Davis, drafted sixth overall by San Francisco in April's NFL Draft. That quartet accounted for 160 of Maryland's 210 total receptions in 2005.



Maryland sophomore Danny Oquendo is expected to start this year at wide out.

This year's receiver corps includes only one senior, Drew Weatherly, leading an assortment

of first-year and second-year players with little to no game experience.

Maryland has a little under four weeks to get that group ready for its Sept. 2 opener, at home against William & Mary.

"I like our talent, I like our athleticism and I like our speed," said Terps coach Ralph Friedgen. "It's just very, very inexperienced. I think we have a chance with our running backs to have a good running game, so if we can get the big-play capabilities out of the young kids, then I think we have a chance to really be a good football team."

Weatherly is expected to start alongside sophomores Danny Oquendo and Isaiah Williams. The three have combined for 23 career receptions, 19 by Weatherly. (AP)

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN) After playing out West for more than a week, the Nats are finally home again, and taking on the Marlins in a budding division rivalry.

ORIOLES (7 P.M. ON MASN) The O's were creamed in Toronto on Monday. But they get another shot tonight against the Blue Jays.

TENNIS (1 P.M. ON ESPN2) The Rogers Cup continues as the ATP Masters Series makes a stop in Toronto.

BASEBALL (8 P.M. ON WGN) In a matchup of teams fighting for AL playoff spots, the Yankees travel to Chicago for a game against the White Sox.

MLB

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Yankees	66	42	.611	—	36-19	30-23
Boston	65	45	.591	2	35-17	30-28
Toronto	58	53	.523	9.5	36-23	22-30
Baltimore	50	62	.446	18	30-31	20-31
Tampa Bay	47	65	.420	21	29-26	18-39

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Detroit	75	36	.676	—	36-17	39-19
Chicago	65	44	.596	9	34-19	31-25
Minnesota	65	45	.591	9.5	39-15	26-30
Cleveland	47	63	.427	27.5	26-29	21-34
Kansas City	38	73	.342	37	23-33	15-40

WEST	W	L	PCT.	GB	HOME	ROAD
Oakland	60	51	.541	—	28-25	32-26
L.A. Angels	57	54	.514	3	27-28	30-26
Texas	56	56	.500	4.5	26-30	30-26
Seattle	53	57	.482	6.5	28-29	25-28

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Mets	66	44	.600	—	32-22	34-22
Philadelphia	53	57	.482	13	27-31	26-26
Atlanta	51	59	.464	15	22-28	29-31
Florida	51	60	.459	15.5	27-28	24-32
Washington	49	62	.441	17.5	26-24	23-38

CENTRAL	W	L	PCT.	GB	HOME	ROAD
St. Louis	60	50	.545	—	33-23	27-27
Cincinnati	57	54	.514	3.5	29-29	28-25
Houston	53	58	.477	7.5	30-26	23-32
Milwaukee	52	59	.468	8.5	32-23	20-36
Chicago	47	64	.423	13.5	25-31	22-33
Pittsburgh	42	70	.375	19	28-28	14-42

WEST	W	L	PCT.	GB	HOME	ROAD
San Diego	58	53	.523	—	28-31	30-22
Arizona	56	55	.505	2	27-28	29-27
L.A. Dodgers	56	55	.505	2	31-24	25-31
Colorado	54	56	.491	3.5	28-26	26-30
San Fran.	53	58	.477	5	31-28	22-30

Standings through Aug. 6's games



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READY, AIM, FIRED! A cricket announcer was fired Monday after he called a South African Muslim batsman a "terrorist" during a broadcast. He later apologized for the comment.



Sports

Bryans: A Constant Threat

Doubles tandem is one top seed that can be counted on for a win

TENNIS | In a week full of upsets at the Legg Mason Tennis Classic, only the Bryan brothers were able to keep things according to plan.

Although they had to win match tiebreakers in the quarterfinals and finals, Bob and Mike Bryan were the only top seed to win any of the four tournaments played last week in D.C. The win over Paul Hanley and Kevin Ullyett was the Bryans' 14th-straight match win, and the 50th this year for the world's No. 1 doubles tandem.

"To be at 50 wins this early in the season is awesome for us," Bob Bryan said.

That streak includes a triumph at Wimbledon, which made the Bryans the third men's team in the open era to win the career Grand Slam.

"Every day we wake up a little happier, and we're not so serious anymore before our matches," Bob Bryan said.



BASH BROTHERS: Bob and Mike Bryan bump chests after winning the doubles championship at Legg Mason. D.C.'s tournament was otherwise filled with upsets.

Hanley insisted, though, that the Bryans are not invincible. He and Ullyett should know — they were the last team to beat the Bryans, at the semifinals at Queens Club earlier this year.

"They are No. 1 in the world, but you have to go out there thinking you can win," Hanley said.

And while he said that the

Bryans "are like Federer and Nadal" because they win so often, Hanley added that "there are five or six teams that, when they are playing well, can win a Grand Slam."

Still, the Bryans have attracted quite a following, as evidenced by the big crowd that came to watch them three hours before the singles final began. JONATHAN TANNENWALD

O's Muster 2 Hits in 8-1 Loss to Jays

ORIOLES | Brian Tallet and two relievers combined on a two-hit-ter in place of injured starter Ted Lilly, and Lyle Overbay homered and drove in five runs to lead the Toronto Blue Jays to an 8-1 victo-

ry over the Baltimore Orioles on Monday.

Lilly was scratched just before the scheduled start because of a stiff neck.

Tallet didn't allow a hit in the

first 2 1/3 innings and was followed by Jeremy Accardo.

Accardo (1-0) gave up both hits but didn't allow a run in 2 2/3 innings. Brandon League earned his first major league save by pitching the final four innings. (AP)

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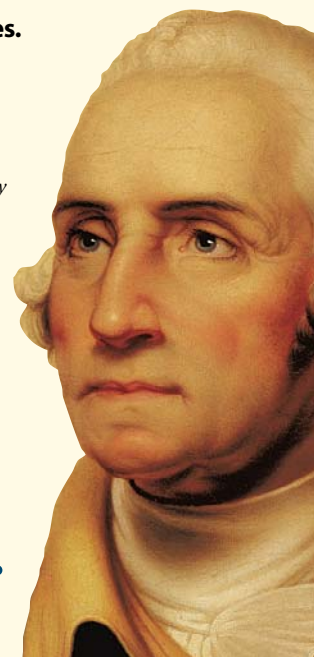
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**Financial compensation will be provided
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National Institute of Mental Health
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EDUCATIONAL DIRECTOR

Immediate Hiring

For P/T Educational Director for RTC school in Fairfax. Masters Degree req'd. Special Educ. license a plus. Flex. hours. FAX resumes to: 703-817-9860 or EMAIL to: edcadmin@fcsvirginia.org. No phone calls, please.

ELECTRICIAN—Growing co. seeks reliable Electricians. Compet. pay & benes. Must have tools & trans. Call 703-590-2539/301-982-7346

ELECTRICIAN WANTED

Resid. co. 240-304-0959.

Fitness

PERSONAL TRAINERS

Now hiring Certified Trainers for Golds Gym in Herndon, Sterling, Ashburn, VA) \$18-\$22/hr+comm.. Can help you get certified. Call Matt: 312-479-5791 or email: myellon@msn.com

FOOD SERVICE—Immediate openings for **Cooks, Chefs & Dishwashers**. Exp required for all positions. Flexible hours, paid weekly. For DC Metro area. Call 301-495-9400.

GRAPHIC SUPPORT AND DESIGN

Retail real estate & mixed-use development firm looks to expand its brokerage support division. Casual & friendly is our culture. Photoshop, In-Design & Illustrator skills needed. Downtown Bethesda @ metro. A+ Health, dental, parking, 401k and more. Email resume w/ salary needs to egarnett@streetsense.com

Hotel



HOTEL & EXECUTIVE MEETING CENTER

We are currently hiring f or the following positions:

Director of Food & Beverage
Catering Sales Manager
Sales Manager
Banquet Captain
Restaurant Manager

Applications are accepted Monday - Thursday, 9am - 5pm
1750 Rockville Pike, Rockville, MD 20852
Twinbrook Metro Stop (Red Line)
Fax resume to 301.881.6456
DRUG FREE WORK PLACE EOE/M/F/V/D

HVAC

A/C EQUIPMENT MECHANIC

The National Gallery of Art has multiple vacancies for A/C Equipment Mechanics, responsible for operating, maintaining, and repairing mechanical systems, air handlers, pumps, compressors, etc. Secure government job, great benefits. Starting wages \$45,000. Call Mr. John Bixler, 202-842-6350 for more information. U.S. citizenship is required. For specific application information and instructions go to <http://jobsearch.usajobs.opm.gov/a9nga.asp>. The vacancy announcement number is #06-64

Classifieds

JOBS

Home Health


**Professional Healthcare
RESOURCES**
Home Healthcare You Can Count On
**PHRI Bethesda Branch
is having an OPEN HOUSE.**

Come see why therapists, nurses and other caregivers are choosing to work for Professional Healthcare.

**Immediate openings for Home Health RN,
Case Managers & All Therapists**

FT, PT, & PRN needed to plan, and deliver home healthcare services. Home Healthcare experience preferred and strong Medicare regulatory knowledge. Please join us at our open house for on-the-spot interviews or submit your resume at www.phri.com.

OPEN HOUSE

**Thursday, August 10, 2006
1:00 PM - 6:00 PM**
10411 Motor City Drive, Suite 100
Bethesda, MD 20817

HOTEL

GUEST SERVICES REP

Daily operations include but not limited to: Check in & out, answering phones, making reservations, interacting & conveying information to assist their needs. Also include problem solving issues, front desk operation while focusing on customer satisfaction of our owners and guests. Contact Marquita Cummings at: 703-837-3402 or please fax to: 703-837-3444.

HOUSEKEEPING

The Army and Navy Club The Army and Navy Club is currently accepting applications and resumes for Housekeeper. The ideal candidate for this position should have previous housekeeping experience in a club or hotel environment. Please fax resumes to 202.496.0866 or email: HR@armynavclub.org. To apply person go to 1627 I street, NW, go to loading dock door, see security personnel for application.

HR - P/T

Consultant needed to prepare affirmative action plans for clients. \$40-\$50/hr. Exper'd only. EMAIL resume to: pt@fosterthomas.com OR FAX: 410-974-8398.

HVAC - Building Engineer

MD 1st. Class Engineer to operate a GSA gov't site, located in Silver Spring MD. Highly motivated, well organized, hands-on Engineer with mgmt/leadership skills & excellent communication skills. Past Gov't Site experience preferred but not required. Competitive salary & full bnfts pkg. Fax resume w/salary reqmnts to 703-642-1602 or e-mail Chris.Brown@gshgroup.com

INSTALLER—exp. window treatment, valid drivers license. Fax resume to 301-779-3907

**INVENTORY/AUDITOR POSITION
\$9.00+ Per Hour**

Join teams taking inventory for local/national retailers. Part-time and seasonal positions now available! Great flexibility!!! You choose your availability. No Experience Necessary. We Train You! Offices located throughout the VA/MD region. Must be 18 or older and have reliable transportation. Call now for an appointment!
703 941-9883 or 301 881-9094
RGISINV.COM
Equal Opportunity Employer

LAB AIDE—MAPS, a Path lab in Sterling, VA seeking F/T lab aide w/BS in Biology btwn 2pm-10pm. FAX resume to: **703-404-1131**

LABORERS/WAREHOUSE/TRUCK HELPERS

Apply today, work tomorrow! 43 immediate openings for Laborers/Warehouse/Truck Helpers on day and night shifts. Positions located in DC Metro area. Apply in person Mon-Wed, 10am sharp, at Crosby Corporation, 835 Bonifant St., Silver Spring, MD. Legal

Legal Secretary

Nationwide Insurance Trial Division is seeking a Legal Secretary to fill a position in its Silver Spring, MD office. This position requires 2-4 years legal secretarial experience; insurance defense preferred; MD and DC experience required. Excellent organizational and telephone skills, MS Word, typing 65 WPM. Competitive salary and benefits packaged offered. For consideration, fax resumes to the attention of Shirley Anthony (410) 224-0054; apply on-line at www.nationwide.com

Legal

Paralegal

Nationwide Insurance is seeking an experience Paralegal to fill a position in its Silver Spring Trial Division office. Certification or Degree in Paralegal Studies required; 2-4 years experience in tort and insurance defense litigation preferred; MD and DC experience required. We offer a competitive salary and benefits package. For consideration, fax resumes to Robert G. Fiore (410) 224-0054; apply on-line at: www.nationwide.com

Loan Officers & Processors

Needed now! Earn from \$75K per yr. Call Phil Styles 301-931-3701 or fax resumes to 301-439-0514.

LOAN OFFICERS—needed for expanding mortgage company in Fairfax, 10 experienced positions available. Call Mr. Green 703-352-1919.

Loan Officers/Financial

Seeking self-motivated individuals for rewarding career in Finance/Mortgage. Earn \$1000+/mo. to \$100K+/Yr. No exp needed. Complete training. Commission based. FT/ PT. Tysons Cor., VA. Call HR, 703-918-4910 for interview.

LOAN OFFICERS WANTED

PT/FT. No exper. nec. Work from home. email: resume@e-pfa.com

LOAN PROCESSOR

Urgent exp'd Loan Processor needed in Sterling, VA. 571-212-1855

MACHINIST — Needed to program & setup CNC lathes. Tech-Skill, Inc. Gaithersburg. **301-948-7752**

MAINTENANCE

Building Engineer for high rise Condo in No. VA has immediate opening. Min. 3 years experience required, good benefits and unit provided. Fax resume with salary reqs to 703-379-8691

MECHANIC

Limo repair. Must know AC & Electrical. springfield VA area. Includes benefits & health insurance. **703-550-7200**

Medical/SURGICAL/OR TECH

Career College is seeking a FT Surgical Tech to train entry level surgical tech students. Previous teaching exp. is not required. Make an impact on your field by training students! Call Mr. LeShawn Roberts, 703-682-9363.

Medical/SURGICAL
SITE COORDINATOR

Career College is seeking a Site Coord. w/a min. of 3 yrs. exp. as a Surgical Tech or related background. Make an impact on the future of Surgical Technology by providing hospitals with competent employee candidates! Knowledge of hospitals in the DC/VA/MD areas is a plus. Please call:
Mr. LeShawn Roberts, 703-682-9363.

**MENTAL RETARDATION
Residential Manager**

FT. Manage & supervise houses for DD adults. BS deg. w/2 yrs. DD exp. Must have supervisory exp. w/gd driving rec. & valid driv. lic. Fax resume w/cvr. ltr. to: P. Sastoque, **301-918-9758. EOE.**

**MENTAL RETARDATION
RESIDENTIAL COUNSELORS**

Must be fluent in ASL. All shifts available. Exper with DD adults preferred. Valid driver's license & good driving record req. Fax resume to HR, 301-918-9758. EOE.

MORTGAGE

Exper'd. Loan Processors needed immediately! Please CALL 301-333-5784 ; 240-876-3731.

MORTGAGE LOAN OFFICERS

FT/PT. No exper. nec. Will train. Pot. 6-figure income (comm). Call 1-703-348-4088.

**NAIL TECHNICIAN (LICENSED)
& MASSAGE THERAPIST**

Needed for Day Spa in Cleveland Park. Please call 301-787-0445 or 202-362-7700

NURSE - RN/LPN/CMA/MA

Doctors office in Springfield, VA has several openings for RN/LPN/CMA/MA in our Internal Medicine Dept. Medical Office experience preferred, must be detail oriented with good organizational skills. Good salary & benefits. Fax resume to H. Flaherty 703-642-3858

OFFICE STAFF

Skills: in Outlook, Excel & Word. Customer service oriented, salary commensurate with experience. Fax: 703-876-0110 or mail: P.O. Box 2629 Merrifield, VA 22116

Operations

Deputy Director for Operations & Plans (GS-14)
The Africa Center for Strategic Studies seeks a Deputy Dir. for Ops & Plans! The Deputy Dir. of Ops. & Plans supervises and directs the work of operations and plans personnel at the Africa Center for Strategic Studies (ACSS). In coordination with the Dir., Mngt., Ops., Admin. (MOA), Program Manager and the Deputy Dir. for Contractor Logistics, the incumbent coordinates, plans and executes ACSS events that support U.S. Govt. (USG) strategy and Dept. of Defense (DoD) policy. Must be U.S. citizens, fluent in French and English.

To apply online, get other application info, and complete job announcement, please go to: OPM web site, USA Jobs and request Vacancy Announcement # D64354: <http://www.usajobs.opm.gov/>.

ORTHODONTIC ASST

Exper pref'd. for F/T position. Must be personable & hard working. Multi-office practice. Benefits incl'd. FAX resume to: 301-868-1846.

PAINTERS NEEDED

Top pay & benefits. Min. 5 yrs. exp., excel. refs & own transp. a must. CALL: Tech Painting at **703-684-7702.**

PC TUTOR WANTED

For instruction w/faxing, scanning, camera, etc. Leave message for Jim, 301-420-8285

PLUMBER—Growing co. seeks reliable Plumbers. Compet. pay & benes. Must have tools & trans. Call 703-590-2539/301-982-7346.

Printing

ColorNet Printing & Graphics has immediate openings at its Sterling, VA location:

- Sales Assistant - Prior experience in a sheetfed printing environment preferred
 - Bindery Operators - Saddle Binder Operators and General Bindery
 - Driver - Clean driving record required.
- Excellent pay and benefits. Call Steve 703-406-9301, email hr@colornetprinting.com or fax resume 703-406-9302.

PROPERTY MANAGEMENT

GENERAL MANAGER

FT for Upscale Dupont Circle condo. Must have building mgmt exper, skill w/ computer applications, ability to multi task. For consideration fax resume to 301-468-0983.

Property Management

Assistant Manager

Seeking exp. Asst. Manager for beautiful tax-credit property in Annapolis. Must have knowledge of HUD and Rentroll . Must be tax credit certified. Please fax resume to A.Anderson 410-263-7873.

RECEPTIONIST/DISPATCHER

2+ years experience but will train the right candidate. 301-772-2998.

RECEPTIONIST—FT, exp. & mature, FFx, VA salon. Call Tue-Sat 703-352-0788 or fax 703-352-0687

RECEPTIONIST

Tennis Shop Associate

1-2 yrs. receipt. exper. pref'd. but not req. Strong computer & organizational skills are a MUST. Flex. schedule incl. FREE tennis & meals when working. Schedule is as follows: Sun/Wed/Fri/Sat 3PM-7PM (16-20 hrs/wk). Excellent opportunity for high school or college student. FAX resume to: 301-424-8260. EOE.

Restaurant


**Football season is coming
and we are suiting up!**

We are currently holding interviews for potential F.O.H. and B.O.H. staff. No appointment necessary. Previous restaurant experience is required.

**Apply in person.
Pentagon Row
1201 S. Joyce St. Arlington, Va.
(703) 414-3601**

**Where Champpions
are made!**



**Learn what it means to join
one of the top growth
companies in the Washington DC area.**

Exceptional growth has been a CoStar hallmark since our beginning. Today, we are the leading provider of information services to the Commercial Real Estate industry. We are also consistently named among the 500 fastest growing technology companies by Deloitte & Touche. The most exciting expansion continues in our Research Division, where we are hiring at all levels. Knowledge of commercial real estate is not a must. What is essential is the driven desire to contribute to a rapidly expanding organization. Discover the opportunities in our Columbia and Bethesda, MD research centers.

You like digging. Finding and gathering data. Being on the net and on the phone. You communicate well with clients. You want to become a respected commercial real estate information expert. Then explore our opportunities for:

- RESEARCH ASSOCIATES
- RESEARCH MANAGERS & ASSISTANT RESEARCH MANAGERS
- REGIONAL RESEARCH DIRECTORS

We offer a competitive base salary with incentive opportunities; comprehensive medical/dental, 401(k) with company match, paid training, and more.

Visit our Online Career Center for position details, to apply, and for an enlightening interactive tour.

www.costar.com/careers

Equal Opportunity Employer m/f/d/v.
Drug-free workplace.

Restaurant

The Knights of Columbus of N. Arlington, 5115 Little Falls Rd. Arlington, VA 22207 Interviewing for the following positions: Aug. 7-10, 1-4p
FAX: 703-533-8370; kofcarlington@comcast.net
Banquet Chef, Cook Asst, Dishwashers, Setup/Custodian, On-call Handyman.

RESTAURANT

Seeking Dining Servers

Training provided. FT/PT avail. Insur, vac, & sick leave pay. Must be able to communicate w/customers. Apply in person to: Benihana Restaurant, 7935 Wisc. Ave. Bethesda, MD 20814. Call: **301-652-5391.**

Restaurant

Line Cooks, Souf Chef, Experienced Servers, and Bartenders.Upper Montgomery County's premiere fine dining destination.The Comus Inn at Sugarloaf Mountain, 23900 Old Hundred Road, Dickerson, MD 20842; Fax (301) 605-0554; email info@thecomusinn.com. EOE

Restaurant


**GMU DINING SERVICES
JOB FAIR**

Sodexo, George Mason University's food services provider, will be holding a Job Fair at:

**The Fairview Park Marriott
3111 Fairview Park Drive
Falls Church, VA 22042
(703) 849-9400**

**Thursday, August 10 & Friday, August 11
12pm-7pm**

We currently have FT/PT hourly positions in all our dining & retail outlets in the George Mason University campus including:

- Food Service Workers
- Cashiers
- Food Prep
- Cooks
- Dishwashers
- Store/Retail attendants
- Utility Workers
- Wait Staff

Management Positions also available

For more information, please call Perla Lorenzana @ (703) 993-9157 Must have authorization to work in the U.S. Sodexo values workforce diversity. EOE M/F/D/V

Restaurant

**COOKS & SERVERS
FIRST WATCH RESTAURANT
9600s Main St, Fairfax, VA**

Apply in person
Mon-Sat 11am-4pm
Also Seeking:
Bussers, Dishwashers
Benefits available.
NO NIGHTS!

Restaurant

COOK

Experienced! Able to prepare soups, sauces, home cooking, etc. Call Steve 301-927-3977

**S & J RESTAURANT
Riverdale Park, MD.**

RESTAURANT—General Manager, Asst. Mgr. & Daytime Crew in Crystal City. Fax resume to 703-842-1389 or call 703-842-1388

Restaurant

Odyssey Cruises
NOW HIRING

Servers, Server Assistants
Hosts, Bartenders
Food Runners
Cooks, Dishwashers and
Marine Crew

Applications and Interviews

**Tuesday 8/15 and
Wednesday 8/16
10am - 3pm**

Apply in Person
No Phone Calls

Odyssey Cruises

Gangplank Marina

600 Water Street SW

Washington, DC 20024

Metro - Waterfront Green Line

EOE



RESTAURANT

**SERVERS Day & Eve Shift
Wknd/Late Night**

For the IHOP in Clinton, MD. Good pay. Apply in person:
8905 Woodyard Rd.
Clinton, MD

RETAIL SALES MGR./TELEVISION - AUDIO

Provideo needs exper'd manager for DC store. Retail audio/video exper nec. Salary, Comm., Benes. Call Matt Foley, 202-333-9200

RN Instructors Needed

Want to make \$30-35 per hour? RN's with BSN or MSN needed to teach nursing in a DC nursing academy for its PN Prog. Email resume to vray@vmtlrc.com or fax (202) 282-3109. EOE

ROOF MECHANICS with commercial exper. Please call 301-670-5942

Sales

Hairstyles Unlimited, distributor of BB/Nu Expressions hair products has Sales, Delivery and Customer Service positions available for computer literate applicants in No.VA/DC/MD/Balt counties. Visit www.HairstylesUnlimitedjobs.com. Email jobs@HairstylesUnlimited.com or call 443-480-5733

SALES

The Washington Post

**Associate Sales Manager
Advertising**

Great opportunity to drive the success of our Consumer-to-Consumer advertising team!

Responsible for **day-to-day operation of call center**, managing individual and team performance, **coaching** and **motivating** sales reps, and proactively seeking new sales and process improvement opportunities. **Train entry-level reps** in upselling, cross-selling, and consultative sales and communication. Promote client-driven sales environment. Sales management and call center metrics experience required. Also requires analytical, sales coaching, leadership, and training skills. Requires proven sales success.

Join our management team!

For more information: www.washingtonjobs.com

Send resume to: Talentsearch@washpost.com

Attn: MGRPOST/JT

We are committed to diversity
& promote a drug-free environment.

SALES


**Advertising Rep
Part-time**

15 or 16 hours/week. Respond to inbound calls from clients, assess advertising needs and propose a targeted advertising solution based on budget and target market. **Inside sales.** Great **entry-level** advertising/sales/marketing opportunity! Communicate product options and sell the value of each. Upsell and cross-sell. Base hourly rate plus sales incentive. Daytime hours. Requires motivation to consistently exceed sales goals, min. 40 WPM typing, and experience in customer service, preferably in a sales environment.

For more information: www.washingtonjobs.com

Send resume to: Talentsearch@washpost.com

Attn: HR/1516EXP/JT

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Classifieds

JOBS

SALES

The Washington Post

Telephone Sales
Jobs Advertising

Sell online jobs advertising product to employers across all industries! Research and target potential advertisers, develop leads, prospect, cold call and close new business over the phone. Competitive sales incentive! Open territory. Requires experience generating leads, cold calling, identifying new business potentials, using competitor data, and creatively seeking new avenues to sell product. 5 positions available! Great benefits package including health insurance beginning immediately and 401(k) with matching program.

For more information: www.washingtonjobs.com

Send resume to: Talentsearch@washpost.com
Attn: MMEXP/JT.

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SALES REPS

Access Worldwide has immediate Full-Time positions available for Professional Tele-Sales Representatives.

- Previous B2B sales exp w/ proven track record.
- Excellent negotiation and closing techniques.
- Prior Telco Industry, Sales, Telemarketing or CSR experience a plus.
- PC Literacy (Excel/Word/Outlook req'd)
- Must type 25+ WPM
- Weekday schedule, Monday - Thursday 8am-5:30pm, Friday 8-12noon
- Paid Training \$10.00 Base salary after \$13.00
- Medical, Dental, Vision, and Prescription Benefits

Apply in person:
• PG Plaza Metro
6505 Belcrest Rd.
Suite - 100
Hyattsville, MD 20782
• Rosslyn Metro
1820 N. Fort Myer Drive
Suite-300
Arlington, VA 22209

Call: 571-438-6555
Fax: 866-589-7312
E-Mail: recruitment@accessww.com

SALES

The Washington Post

Account Manager
Automotive Advertising

Outside sales opportunity! Sell print advertising solutions to automotive clients! Cultivate existing business and prospect for new business. Consultative sales approach, account management, cold calling, sales presentations. Assume revenue accountability for your account territory. Requires expertise in client relationships, motivation to grow your business, and outside sales experience.

For more information: www.washingtonjobs.com

Send resume to: Talentsearch@washpost.com
Attn: HR/Auto/JT

We are committed to diversity
& promote a drug-free environment.

Sales

The Washington Post

Outside Account Mgr.
Real Estate Advertising

Sell online advertising to brokers/agents in the real estate industry. Outside sales, strategic and tactical, consultative selling, cold calling, build client relationships, sales presentations, communicate product options and value of each. Requires sales confidence and enthusiasm, self-starter and independent learner, strong organizational skills, sales planning and outside sales experience. Familiarity with real estate advertising products a plus.

More information:
www.washingtonpost.com.

To apply, send resume to:
talentsearch@washpost.com
Attn: REPOST/JT.

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and promote a drug-free work environment.

SALES

The Washington Post

Advertising Rep
Inside Sales

Join our advertising sales team! Telephone sales - 32 hours per week. Sell classified advertising space to individual consumers marketing homes/cars/personal property for sale to other consumers. Consultative sales. Respond to inbound calls from clients, assess advertising needs and recommend solutions based on budget and target market. Upsell and cross-sell. Base plus commission. Great entry-level advertising sales opportunity! Min. 40 WPM typing and customer service experience required. Benefits include health insurance beginning immediately and 401(k) with matching program.

For more info visit: www.washingtonjobs.com

Send resume to: Talentsearch@washpost.com
Attn: TSREXP/JT.

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& promote a drug-free environment

SALES

The Washington Post

Account Manager
Cars.com Advertising

Outside sales opportunity! Sell online advertising solutions to automotive clients! Cultivate existing business and prospect for new business. Consultative sales approach, account management, cold calling, sales presentations. Assume revenue accountability for your account territory. Requires expertise in client relationships, motivation to grow your business, sales presentations, cold calling, and outside sales experience. Great employment benefits: health insurance effective immediately and 401(k) with matching program.

For more information visit:
www.washingtonjobs.com

Send resume to: Talentsearch@washpost.com
Attn: CarsEXP/JT

We are committed to diversity
& promote a drug-free environment.

Weekend Styles. Every Friday

SALES

A RARE OPPORTUNITY!

Prosperous NOVA/MD Company in the home improvement industry is expanding. Prior industry experience not necessary but welcome. Professional training program provided. Someone who needs at least \$65,000 per year with the potential of six figures. Commission, incentive and bonus. Car Required. No overnight travel. Call Brian Quick between 9am and 3pm @ 301-560-6920

Sales

The Washington Post

Outside Account Mgr.
Education & Financial Services
Jobs Advertising

Manage all existing and potential clients in education and financial services to sell print and online recruitment advertising. Develop new products/initiatives; tactical and strategic; analyze clients' marketing needs; create multi-media presentations; uncapped incentive!

For more info: www.washingtonjobs.com

Send resume to: Talentsearch@washpost.com
Attn: JobsPOST/JT

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& promote a drug-free environment.

Sales

LAND SALES CAREER
Best Pay in the Field!

Land Sales Opportunity for professional and serious career minded individuals. Very team orientated company offering good benefits and the best pay in the field. Top producers have no limit to their incomes. Insurance & 401K avail. Email resume to landsalecareer@hotmail.com. All training provided. An EOE.

Security

Security Officers

Safety & Security Officers needed to work a variety of shifts including weekends. Requirements: Must be able to obtain DC special police commission and possess a valid drivers license.

- To Apply
- Apply online at www.sibley.org AND
 - Come to Sibley for On-The-Spot Interviews ON

Wednesday, August 9
9AM - 3PM

Human Resources Department
Sibley Memorial Hospital
5255 Loughboro Road, NW
Washington, DC 20016
EOE



SECURITY OFFICERS

25 immediate openings in Washington, DC Also positions in MD & No.VA. All shifts FT & PT, no exp. necessary. Weekly pay, apply in person at CES Security, 8555 16th st. suite 100, Silver Spring, MD. M-F 9am-5pm. Call 301-608-8264

SECRETARY

Home Health Services organization in DC looking for an articulated, professional & computer savvy Secretary. Also needing experienced Registered Nurses & Licensed Practicing Nurses with at least 3 years experience in Home Health Care. Please call 202-541-9270 and speak to the administrator or fax resume to 202-541-9272. Proficiency in English and proper dress advantages.

SECURITY

Abacus Security Services currently seeking applicants to work as FT/PT Security Officers in DC. Applicants must have clean background, good customer service & Unarmed Security Officers Permit. Starting salary \$11/hr. Please apply: 3501 Perry St. Mt. Rainier, MD. 9-4p.

SECURITY

METRO ONE LOSS
PREVENTION SERVICES
GROUP

3000 Connecticut Ave., NW
Suite 104, Wash, DC 20008
202-299-1287

OPEN HOUSE INTERVIEWS

Mon-Tues-Wed, 10AM-2PM

Must have clean record and pass drug test. Security license a plus.

SECURITY OFFICERS

Needed for Federal positions. Must be U.S. citizen & be able to pass extensive background check & drug testing. Please call: 301-399-4756, Mon-Fri, 9a-6p. EOE/M/F/D/V.

Security Officer

Immediate opening, working for Security Officers with a min. of 3 yrs security experience to work in NW DC/VA/MD. Must have reliable transportation, good credit history, good communication skills, & a stable work history with no criminal convictions. Starting pay is \$11/\$12/hr. We also offer Aetna health insurance, performance award & 401K.

To apply, call 301-459-2355
or apply online at:
<http://sfi.apponne.com>.

Stock Person/Liquor—FT 202-889-1500/889-1623
TEACHER

INSTRUMENTAL MUSIC/
BAND DIRECTOR

FT/PT able to teach brass, WW & Prec. Private schools, MD & DC. Transportation necessary. Position starts September 1st. Send resume to: Archdiocesan Music Program, PO Box 438, West Friendship, MD 21794 for more information CALL 301-854-6318 weekdays 9:30am-3:30pm.

TECHNICIAN-FIELD TECH—Will train. Valid lic. Lift over 50lbs. Stable work history. DC Residents encouraged to apply. CALL: 202-248-0092 FAX: 202-248-0178 EMAIL: careers@netsystems.ws

TELEMARKETER — 5 needed. Earn base sal + commission. Call Mr. Green at Heritage MTG Co in Fairfax. 703-352-1919.

Telemarketers

Professional Home Improvement
\$ Telemarketers \$

Exp. only. Calling from your home for successful company. Setting appts for sales people in DC and MD. For windows, kitchens, baths, etc. Top salary + commission. 240-447-6912.

CAREER TRAINING AND
EMPLOYMENT SERVICES

TELEMARKETERS—\$10/hr. + bonuses located in Largo, MD near Metro. Call 301-772-2700

TELEMARKETING

Earn up to \$25/hr. NOVO1 is looking for highly skilled, exper'd inside sales reps to market for Fortune 100 co. FT/PT. Great working environment, Laurel, MD. Call 301-361-1111, ask for Mark.

TRANSPORTATION MANAGER

Needed for government contract bidding/shuttle experience required. PT/FT. Fax resume to (202) 479-0822

VET KENNEL ATTENDANT

FT/PT w/weekends & holidays. \$6-\$9/hour. Apply in person: 2935 Chain Bridge Rd, Oakton, VA

VET RECEPTIONIST

M-F, with alternating Saturdays. FT/PT. Vet exper. pref'd. \$10-\$14/hr. Apply in person: 2935 Chain Bridge Rd, Oakton, VA

WAREHOUSE

Immed. Openings

For Loaders & Packers in Landover Area. MUST have own transp. Steady work. Apply in person: Steady Staff, 312 Marshall Ave., Ste 106, Laurel, MD 20707; 301-362-3081.

CAREER TRAINING AND
EMPLOYMENT SERVICES

A Bar Career

In 1-2 Weeks

- Days, Evenings & Weekend Classes
 - Free Lifetime Personalized Job Placement
 - Approved by the State of MD
 - National Alcohol Awareness Certificate (T.I.P.S.)
- Call for nearest location 1-866-411-2MIX
www.authenticbartending.com

City Federal Jobs

DC area. Hiring. Paid training. All Occupations. Small fee applies. Call 202-521-1492

Loan Officer-Training Class

Earn more than \$100K 1st yr. Class start 8/21 Lmt'd seating \$175. 301-384-1200. namcmortgage.com

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MEDICAL ASSISTANT
IN LESS TIME THAN
YOU THINK

Three locations to choose from!

Everest College Arlington Campus
801 N Quincy, Suite 500
Arlington, VA 22203

Everest College Tysons Campus
1430 Spring Hill Road, Suite 200
McLean, VA 22102

Everest Institute Silver Spring Campus
8757 Georgia Avenue
Silver Spring, MD 20910

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BMW '01 X5—4.4i, Auto, 57k mi, all options, excellent, \$26900, 703-380-2582

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CHEVY '03 TrailBlazer—MUST SEE 4WD Limited LTZ. \$18,750 OBO. 29k mi, V6, red, tan lthr, snrf, Bose CD, much more! 703-919-7905

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FORD '98 Explorer Sport—5 spd, 104k mi, Green, AM/FM, Cassette, CD, Insp, AC, PW/PDL, PS, ABS, Alloys, Cruise, Tilt, \$3500, 703-868-0919

FORD '70 Mustang—\$11500, 540-659-9978

GMC '04 YUKON—4wd, mint condition, 31K miles, all power, towing pkg. \$26,500 call 301-512-9524

HONDA '03 Z2000—31k mi, Blue, CD, Insp, AC, PW/PDL, PS, ABS, Alloys, Cruise, Tilt, \$21000, 540-239-8452

JAGUAR '90 XJS Conv—Auto, 55k mi, White, AM/FM, Cassette, CD, Insp, AC, PW/PDL, PS, ABS, Alloys, Cruise, \$13500, 703-323-0560

LINCOLN '97 MARK VIII—Silv w/ grey lthr int., luxury, full loaded, snrf, 10 cd chrg, 89K mi, well maint, must see! \$5,800, 571-236-0293.

MERCEDES '85 TURBO DIESEL—Runs well, good cond. \$3200. Must sell, relocating. Call 301 735-0921

OLDS '98 AURORA—4-Dr, auto, loaded, snrf, cd, blk on blk, perfect condition, MD insp, \$3850. 240-447-8092

ROLLS ROYCE—'74 Cornish, 2-dr coupe, exc. shape, must see, all paperwork. 304-263-1613, 304-671-2224

SAAB '05 9-2X Aero—5 spd, 22k mi, Black, AM/FM, CD, Insp, Mnrf, AC, PW/PDL, PS, ABS, Alloys, Cruise, Tilt, \$18700, 412-953-1317

TOYOTA '04 Camry Solara SLE—Auto, 24k mi, silver, AM/FM, Cassette, CD, Insp, Snrf, AC, PW/PDL, PS, ABS, Alloys, Cruise, Tilt, \$18800, 202-333-2381

TOYOTA '03 Highlander—Auto, 58k mi, Silver, AM/FM, Cassette, CD, Insp, Mnrf, AC, PW/PDL, PS, ABS, Alloys, Cruise, Tilt, \$20000 OBO 202-497-2125

TOYOTA '01 CAMERY LE—V6, lthr sts, mnrf, manual trans, great on gas, 46K, \$9500. 301-871-0010, 301-537-4180.

TOYOTA '96 Corolla—Auto, 112k mi, Teal, AM/FM, AC, PS, \$2400/obo, 301-526-7910

VENTO '06 V/THUNDER—160 mi, looks like a small Harley dressed, call Randy, \$3000 OBO, 240-304-1951.

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LOOK out

*TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Gambling

Online poker faces an uncertain future over questions of legality

With the nightclub Tao swathed in red and black, music pulsated and go-go dancers gyrated on raised platforms along the wall. Everything from the "reserved" signs to the billiard table felt to the models' Chinese-style dresses bore the same label: "bodog.com."

The only thing missing was the online gambling site's flamboyant founder, 45-year-old Canadian Calvin Ayre, who was nowhere to be found.

"He'd have girls all around him and he'd be the life of the party," said Ronn Torossian, a publicist and acquaintance familiar with Ayre's celebrating ways.

The billionaire who graced Forbes magazine's March cover decided to make himself scarce after federal authorities arrested David Carruthers, the head of rival Web gambling operator BetOnSports PLC, as Carruthers changed planes at Dallas-Fort Worth International Airport on July 16.

A federal judge ordered

“Online poker is online gambling. And online gambling, we would say, is illegal.”

JACLYN LESCH
DEPARTMENT OF JUSTICE

BetOnSports to stop accepting bets placed from the United States, and prosecutors are seeking the forfeiture of \$4.5 billion, plus several cars, recreational vehicles and computers from Carruthers and 10 other people associated with the Costa Rica-based gambling operation.

Around the same time, the U.S. House of Representatives passed a bill that would ban most Internet gambling. Though the bill's future in the Senate is uncertain, the issue loomed over the World Series of Poker in Las Vegas: Is online poker legal?

Tournament organizers and the U.S. Justice Department say no. The players, thousands of whom qualified in cash-paying Internet tournaments, say yes.

By some counts, about half of the 8,700 players in the World Series' main event qualified through online satellitetournaments. PokerStars.com boasted more than 1,600 qualified

INSIDE

Eva Longoria pretends she likes show | **38**



Steam City: Designers' hot-weather picks | **35**

Smell Hell: Perfume on the Metro. Noooo! | **36**



WILD CARD: Poker is legal in Las Vegas, but online betting is still in question.

Rogues to Riches

on its satellites. PartyPoker.com is reported to have sent more than 800 qualifiers and bodog.com says it sent some 700.

The House bill that would ban Internet gambling — except for horse race betting and state lot-

teries — is an attempt to close a perceived loophole in the 1961 Wire Act, one of a series of laws meant to crack down on racketeering.

The Wire Act explicitly forbids businesses from using a wire communication facility to assist in plac-

ing bets on "any sporting event or contest." But the wire law doesn't cover other types of casino betting, a federal appeals court in New Orleans has ruled, leaving some doubt about whether prosecutors can shut down Internet poker and other casino games.

Of course, with or without a new law from Congress, the Justice Department interprets all online gambling to be illegal. "Online poker is online gambling. And online gambling, we would say, is illegal," Justice Department spokeswoman Jaclyn Lesch said.

People who make a living playing online poker have joined a group called the Poker Players Alliance to lobby Congress to stop the Internet gambling bill from passing in the Senate.

Since the House passed the bill July 11, alliance membership more than doubled to 75,000. Alliance president Michael Bolcere warned the bill would "drive the business of poker underground."

For now, it remains well in the open.

Jon Friedberg, a 31-year-old business owner who lives in Las Vegas and makes \$150,000 a year playing poker mostly on PokerStars.com, isn't afraid of congressional intervention.

"I'm really not worried at all," Friedberg said. "Part of being a poker player involves just fearing nothing in life. It's probably not the best approach in life in certain things, but it works well in poker." RYAN NAKASHIMA (AP)

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Destination: Brooklyn

Travel

Move over Manhattan: There's a new tourist attraction in New York

Ten years ago, tourists visiting Brooklyn saw it as nothing more than a side trip from Manhattan. Maybe they walked across the Brooklyn Bridge or took the subway out to Coney Island, but few had dinner here or stayed for the night.

These days, however, Brooklyn is a destination unto itself.

Now visitors to Brooklyn "stay here and go into Manhattan for the day — or they don't go to Manhattan at all," said Monique Greenwood, who runs the Akwaaba Mansion, a bed-and-breakfast in Brooklyn's Bedford-Stuyvesant neighborhood.

"Most of my European guests have already done Manhattan. Now they want to see Brooklyn. They're going to the Brooklyn Museum, the Botanic Garden, the Brooklyn Academy of Music, the

“What’s so neat about Brooklyn is it’s so diverse, so eclectic — it’s just enjoyable.”

LARRY O'LEARY
CARROLL GARDENS

Brooklyn Heights Promenade. Or they're just hanging out in Brooklyn. They like the idea that it's more of a neighborhood here. They believe that Brooklyn is the hip borough."

The evidence that Brooklyn tourism has come of age is everywhere. The Queen Mary 2 is homeporting in the new cruise terminal in the borough's Red Hook neighborhood. A survey of visitors to the Brooklyn Museum found that 25 percent are from outside the region — compared with 5 percent in 1995. The exalted Michelin guide to fine dining in New York lists 25 Brooklyn restaurants. And drop-ins at the Brooklyn Tourism and Visitors Center have nearly doubled



The Red Hook Garden pier offers a view of the Statue of Liberty. Top that, Manhattan.

in the past year.

When the Brooklyn Marriott opened in 1998, it was the first new hotel to be built in the borough in 68 years. It's been so successful that an additional 280-

room tower is being built. Other new hotels are also going up in Brooklyn — including a Holiday Inn Express opening Aug. 7.

Because large numbers of 20-somethings have settled in

trendy neighborhoods like Park Slope, Williamsburg, DUMBO (which stands for Down Under the Manhattan Bridge Overpass), Red Hook and Carroll Gardens, many tourists initially come to visit family and friends. But what's remarkable is how much sightseeing they do without leaving Brooklyn.

Amy O'Leary, who lives in Carroll Gardens, recently hosted her parents from Coeur d'Alene, Idaho. Their itinerary included Coney Island, a brick-oven pizzeria (Grimaldi's, 19 Old Fulton St.), and the Brooklyn Heights Promenade, a waterfront walkway with stunning views of Lower Manhattan.

"What's so neat about Brooklyn is it's so diverse, so eclectic — it's just enjoyable," said O'Leary's dad, Larry.

Sitting on the steps of a Brooklyn brownstone is, in fact, a time-honored local pastime.

You haven't experienced the borough until you've hung out long enough to admire someone's dog or tossed a wayward ball back to a kid playing in the street.

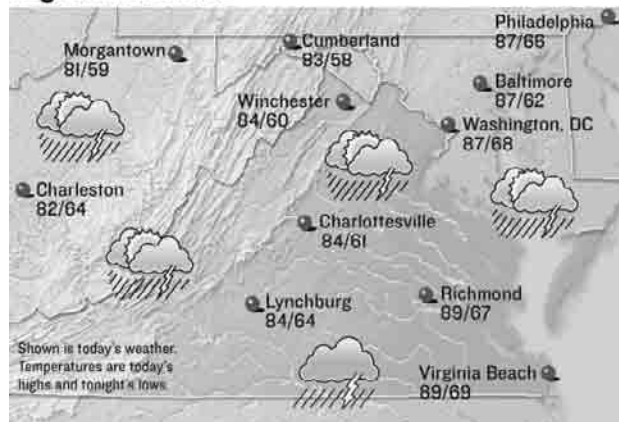
And yet there's much more to Brooklyn, from the Russian community in Brighton Beach to the massive West Indian-American Day parade every Labor Day in Crown Heights.

BETH J. HARPAZ (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly sunny, a thunderstorm	Clear	Mostly sunny, low humidity	Mostly sunny, warmer	A thunderstorm possible	A shower or thunderstorm possible
87°	68°	84° / 68°	89° / 73°	89° / 72°	85° / 68°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2006

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature	
High	93°
Low	71°
Normal high	88°
Normal low	70°
Average humidity	69%

Precipitation

24 hours ending 4 p.m.	0.57"
Month to date	0.57"
Normal month to date	0.77"
Year to date	29.22"
Last year to date	27.28"
Normal year to date	23.59"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

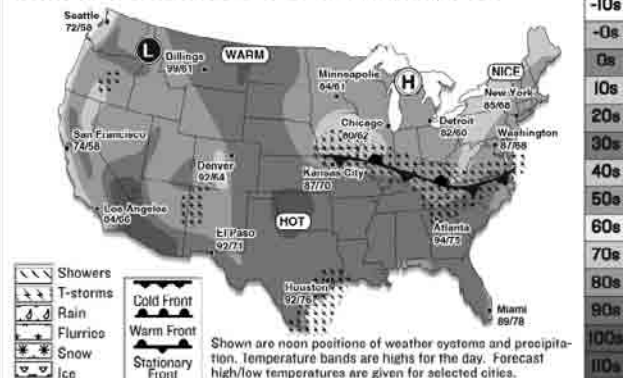
D.C. Metro: Today, partly sunny, a morning shower or thunderstorm. High 87. Wind north 7-14 mph. Tonight, clear. Low 68. Wind north-northeast 6-12 mph.

Sun and Moon

Sunrise today	6:15 a.m.
Sunset tonight	8:12 p.m.
Moonrise today	8:07 p.m.
Moonset today	4:50 a.m.



National Weather for Tuesday, August 8



National Cities

City	Today	Wed.
Atlanta	81/75/t	90/73/t
Boston	81/63/s	81/63/s
Chicago	80/62/s	84/64/pc
Dallas	98/79/s	99/79/s
Denver	92/64/s	95/63/pc
Honolulu	88/76/s	88/76/s
Los Angeles	84/66/pc	88/68/pc
Miami	89/78/pc	89/78/t
New York City	85/68/s	85/68/s
Orlando	94/75/s	94/75/t
Seattle	72/58/c	72/54/c

World Cities

City	Today	Wed.
Amsterdam	68/54/sh	70/57/pc
Athens	88/72/pc	90/72/pc
Berlin	72/56/sh	75/59/pc
Buenos Aires	58/49/sh	57/41/c
Calgary	87/56/pc	78/49/s
Dublin	68/54/c	64/54/pc
Geneva	72/50/sh	74/50/pc
Moscow	72/58/r	59/51/r
Rome	84/66/sh	82/64/c
Sydney	61/50/s	64/54/s
Tokyo	90/77/t	90/77/t

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles

LOOK* out



AN OUTFIT FOR THIS SEASON: Thalia Sodi's floral camisole can go to work under a jacket or cardigan; Cynthia Rowley's silk dress is light and summery, but still professional; a Lauren by Ralph Lauren linen suit, below, is just the thing for a meeting.



→ **Thalia**, Latin singer and designer of Kmart's Thalia Sodi Collection:

A pretty camisole. "Being from Mexico, I know how to stay cool. I have mastered looking cool and still fashionable. ... The camisole is the basis. I need to feel fresh, be loose and open, see the skin of my arms and cleavage to feel cool." The appeal of a camisole as workplace apparel is simple: They fit nicely under jackets or cardigans — and that's how you should wear them in the office.

→ **Nicole Fischelis**, fashion director of Macy's East: Linen pantsuit. "I love linen, and I have a lot of minimalist linen suits — pants, tops and open-shirt jackets. They're very neutral and clean colors, brown, cream and gray. I wear interesting jewelry with them." Don't worry about the inevitable wrinkles that come with linen — make it part of a cool, casual look. Choose accessories that are little bit funky, maybe chunky beads or metallic flat sandals. Anything too tailored or refined will work against the vibe you're trying to project.

→ **Tom Julian**, strategic director of trends at ad agency McCann Erickson: Lacoste polo shirt. "It's acceptable for business. You can wear it with a chino or a lightweight gray flannel trouser. You can wear it with a blazer or without. The collar makes the difference." T-shirts cross a casual line that's not acceptable in many business situations.

→ **Cristina Ehrlich**, celebrity stylist and co-designer of Miss Davenport: "I can't live without cotton-linen trousers. They're comfortable, cool and chic while running around town. My absolute favorites are Dries Van Noten and J.Crew. The style is dressy enough to transition gracefully from cool and comfortable day to sleek and elegant night." Not having to go home between work and a dinner date is reason enough to wear linen trousers. And by the end of the day, honestly, almost any fabric looks a bit rumpled. Since it's expected with linen, it seems a bit more acceptable. A tailored style also keeps the look from appearing too slouchy.

SAMANTHA CRITCHELL (AP)



Beat the Heat

Five designers offer must-have fashions for surviving August

Looking hot is good when you're headed out to a nightclub; not so good when you're going to work. But during these dog days of August, clothes are damp, hairdos limp and makeup dripping.

Then, after a few hours, the same people are in ratty cardigans, trying to ward off air conditioning-induced shivers. Again, not a good look.

But there are things you can wear to take you through this home stretch of summer in style. Fashion

insiders pick the one thing they can't live without when temps soar:

→ **Cynthia Rowley**, designer: A loose, light dress. "You don't need to go bare — a dress in a light fabric like silk will keep you cool even if it also keeps you covered up," said Rowley. She points to a chemise ruffle dress from her own collection. "In silk, it's light and cool, and the 3/4-length sleeves look professional. In the summer, you're in and out of air conditioning, so layering is important. A dress is easy to pair with a little cardigan or soft jacket, as well as a little sweater wrap that can roll up and go right in your bag."

Beauty



Rain or Shine Color

A lot of makeup palettes have one color you're just not going to use — a scary blue, or a pink more radioactive than rose. That's not the case with the **WEATHER GIRL PALETTE** from Benefit (\$28, benefitcosmetics.com). Three lip glosses and three eyeshadows combine for a versatile collection that manages to be neutral without being boring. The eye colors range from a shimmery beige to a subtle purple-brown, and the glosses go from pale champagne to light mauve. As always with Benefit, the packaging is awesome; this one sports a mirror masquerading as a camera lens, with a dude right out of "Anchorman" telling you how pretty you are. KRISTEN PAGE-KIRBY (EXPRESS)

Beauty



Getting Old Is Fun!

We kind of love Diane Keaton. We know we're supposed to love her because of "Annie Hall," but we actually love her because of "Father of the Bride." She was so funny! And that movie is really not that bad! Anyway. She who brought menswear to women is the new spokesperson for **L'OREAL'S AGE PERFECT** skincare products. In addition to using Age Perfect Pro-Calcium Moisturizer, Keaton, 60, says she takes calcium every day and believes in aging "authentically." The ads will first appear in September issues of AARP, The Oprah Magazine and Ladies Home Journal, as well as on TV. K.P.K.

LOOK^{out} Online



from readexpress.com

Growing on the Rivers

POLL CENTER | Monday's poll question asked which of four planned developments along local rivers — an expanded Alexandria waterfront, the National Harbor project in Prince George's County, growth around the Nationals stadium along the Anacostia River or proposed changes to the waterfront in Southwest D.C. — was most likely to succeed.

The first comment we received about the poll was as pointed as it was brief: It said simply "bias." Was there a bias in voting? Let's take a look at the numbers.

As of 4 p.m. Monday, Southwest D.C. was the clear winner, with 46 percent of the vote (full results are available in the table at right).

According to the Poll Center's breakdown of votes by Metro station, the Waterfront-SEU station was indeed a big part of Southwest's voting bloc, casting 14 votes for its home turf. However, other Waterfront supporters were further flung — U Street-Cardozo, College Park and Takoma also funneled votes Southwest's way.

The runner-up, Alexandria, on the other hand, got most of its support away from its citizens. Franconia-Springfield, Vienna and Pentagon City were its biggest supporters, while nearby King Street and Braddock Road both split their votes. So, perhaps a little home-turf bias reared its ugly head, but this didn't seem to be a strictly geographically divided vote.



WATER WINGS: Readers said Southwest D.C.'s revitalization plan would succeed.

Smell Ya Later

NOTED | Commenter Lana Pasman had this to say about manners on the Metro: "I think we have a problem with people who wear too much perfume/aftershave or cologne in the Metro. And also people who talk loudly on cells or to each other. Or people who still block the doors, eat and drink. Can you please place a

list (using bold, colorful style) of rules inside the train?" Should Metro post a list of etiquette rules? Tell us what you think at COMMENTS@READEXPRESS.COM

→ Coming Up Today

Vicky Hallett reports on the benefits of walking vacations and a shoe made to ease runners' pain.

? Poll Center

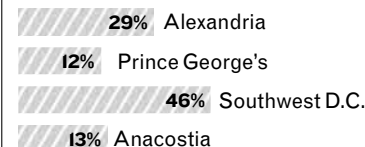
TODAY'S QUESTION

Should U.S. oil reserves be tapped to lower gas prices?

1. Yes
2. No

YESTERDAY'S RESULTS

Which area waterfront project will be most successful?



As of 4:30 p.m. Monday. Not a scientific poll

GIVE YOUR OPINION ON TODAY'S POLL QUESTION AND GET A STATION-BY-STATION BREAKDOWN OF HOW YOUR FELLOW METRORAIL COMMUTERS VOTED AT READEXPRESS.COM/POLLCENTER.PHP



"What started as a trickle late last year is growing into full-fledged exodus as gays leave Virginia. ... Can anyone blame them?"

REPUBLICOFT.COM SAYS IT MAKES SENSE THAT HOMOSEXUALS WOULD FLEE VIRGINIA BECAUSE OF A CONSTITUTIONAL AMENDMENT THAT COULD THREATEN THE LEGALITY OF CONTRACTS BETWEEN GAYS.

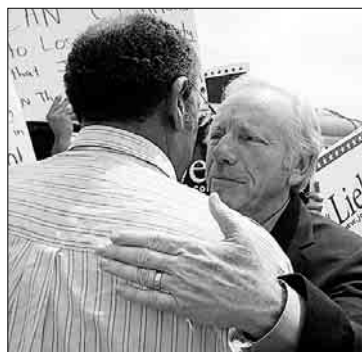
Yuppies = Everywhere

"It's going to be interesting to see how the H Street corridor develops and to see what clientele will frequent the bars that have already or will soon open their doors."

DCENT.BLOGSPOT.COM LIKED SHOWBAR'S PLACE OF WONDERS, A NEW BAR ON H STREET, AND DOESN'T CARE IF DEVELOPMENT MEANS MORE HIPSTERS IN THE AREA.

"Does Bush need a DL to see who he can play on his world fantasy team today?"

BABYBANANA.BLOGSPOT.COM WAS CURIOUS WHY NPR LISTED WORLD LEADERS WITH INJURIES ON A RADIO SHOW.



It's SPORTSwriting

"Besides a few glib remarks and observations about the party — including a completely unnecessary anecdote about Snoop recognizing Markazi — the column adds absolutely nothing to either the literary or sporting worlds."

CAFE227.BLOGSTOT.COM IS FED UP WITH SPORTS ILLUSTRATED COLUMNIST ARASH MARKAZI AFTER HIS LATEST PIECE WAS NOTHING MORE THAN STARGAZING AT A PARTY BY THE CHELSEA SOCCER TEAM.

All Politics Is Local, Except in War

"Have we reached the point where U.S. foreign policy — like in the late '60s — has become a pivotal issue in elections? Something very strange is going on in the body politic."

LAWSONIA.BLOGSPOT.COM SAYS A LOSS BY SEN. JOE LIEBERMAN IN THE CONNECTICUT PRIMARY WOULD INDICATE A MAJOR SHIFT IN VOTER MOTIVATION POSSIBLY AKIN TO THE VIETNAM WAR ERA.



Live Online

Hypermiling

The Post's **JOSH ZUMBRUN** was online at washingtonpost.com Monday to discuss hypermiling, a technique designed to help any car improve its gas mileage and reduce emissions.

I've gotten into the habit of putting the car in neutral and coasting whenever possible. Will this result in a significant improvement in gas mileage?

Probably. Depends how often you do it. When your car is in neutral, the engine is just softly purring, right? Generally, the lower your RPM's, the less gas you're guzzling.

Is there a difference in mileage for a hybrid because of battery efficiency between hot weather and cold, winter weather?

There's a pretty big difference in all cars in different temperatures. I don't know whether it's more pronounced in hybrids than in other cars. All cars get worse mileage in the winter. That's just a fact of life.

Does the octane of gasoline make any difference in hypermiling?

I'm pretty sure most hybrids use regular unleaded. I've never heard anyone suggest using something else. You're definitely not going to save money putting premium fuel in a car that doesn't need it.

Do you notice a difference in mileage per gallon depending on the number of people in your car (i.e., more weight)?

If you're not a blacksmith, it's probably not a great idea to drive around with anvils. But if an extra passenger decreases your mileage a little bit, it's still a lot less gas than if they drove themselves.

You recommend using thinner oils and changing the oil more frequently. For those of us who are "engineering-challenged," what grade of oil is "thin" for the D.C. climate?

This is different for every car. My car uses a DW20 oil that's super-thin already. If you trust your mechanic, ask him. Otherwise, don't worry about it — get your oil changed when you're supposed to and I bet you'll be doing better than most people.

DON'T

KEEP WONDERING WHAT THAT BUILDING IS. That CTY is actually a Center for Talented Youth. How would you know what those — and many other — crops of capped letters meant before using Acronymfinder.com? We CTY (couldn't tell you).

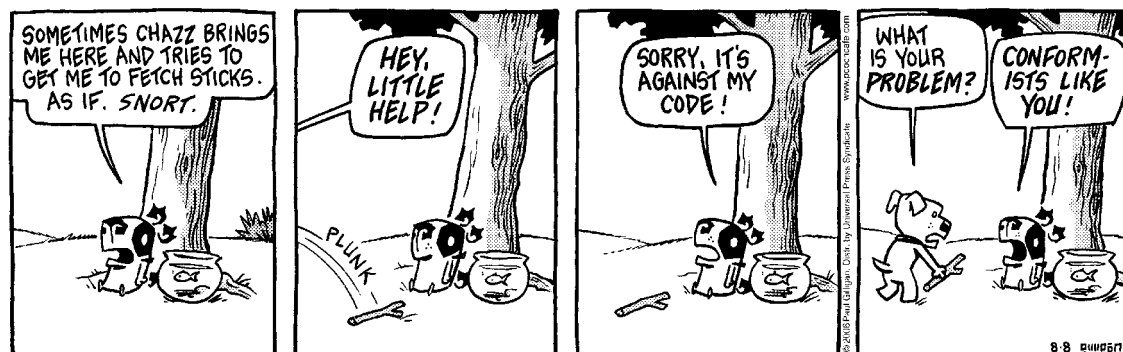
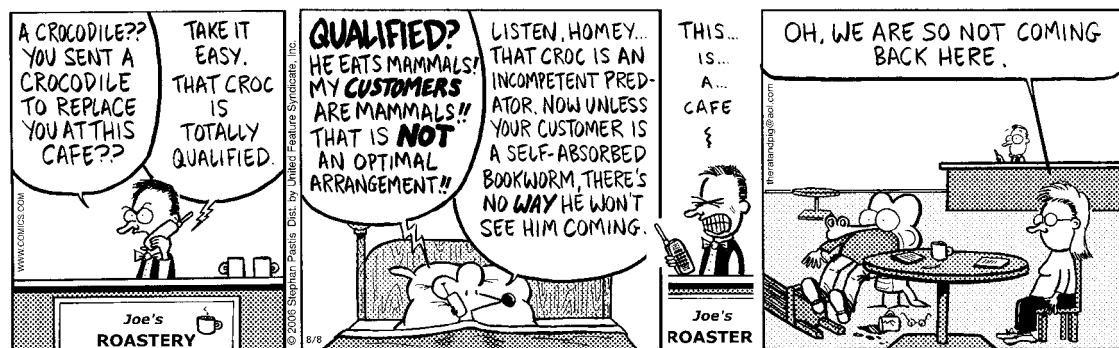


TODAY ON LIVE ONLINE: Washington Post staff writer Paul Farhi reviews the best and worst pop culture has to offer at 1 p.m. | washingtonpost.com/liveonline

Bizarro | Dan Piraro

Cornered | Mike Baldwin


"I'm looking for someone to help keep the creditors off my back."

Pooch Cafe | Paul Gilligan

Pearls Before Swine | Stephan Pastis

The Duplex | Glenn McCoy


Horoscope

By Stella Wilder

LEO (July 23-Aug. 22) Someone is willing to act as your own personal guide, showing you how things work in a world you have only imagined. Enjoy.

VIRGO (Aug. 23-Sept. 22) A friend or loved one means well, but you must put your foot down when you feel that he or she is actually intruding on your privacy.

LIBRA (Sept. 23-Oct. 22) You may be grappling with some large issues; it's important that you maintain an awareness of what is straightforward.

SCORPIO (Oct. 23-Nov. 21) You're going to have to be on the lookout for something you've received hits of — but nothing concrete. Keep your eyes and ears open.

SAGITTARIUS (Nov. 22-Dec. 21) Now is the time for you to put your fears behind you and forge ahead at top speed. Take care, however, that you don't let yourself become careless.

CAPRICORN (Dec. 22-Jan. 19) You're going to find yourself in charge of others as well as yourself; you must be

sure to set the ground rules as soon as you can.

AQUARIUS (Jan. 20-Feb. 18) There's no need for you to take rash action; there may be a problem to resolve after-hours, but you'll keep your wits about you.

PISCES (Feb. 19-March 20) Your alliances are in the process of changing at this time, and you must tread softly, lest you do something to cause suspicion and mistrust.

ARIES (March 21-April 19) Others are likely to think that a fluke event is a serious matter, but you know that it's only a smokescreen. Point to what's really important.

TAURUS (April 20-May 20) A friend is likely to call on you to speak in his or her favor. You know the truth — but you can put it in such a way as to minimize any suspicion.

GEMINI (May 21-June 20) You can relive a prize experience and learn from it at the same time. Someone you've worked with before can enlighten you before nightfall.

CANCER (June 21-July 22) Your life is about to change in a subtle manner, but you can bet that what you are about to begin will take some time to perfect. It's an adventure.

Letters

standing space is just insane. We are people, not cattle!

—SANDRA B. BAKER
Forestville, Md.

A Stand Against Rail Cars

I THINK METRO'S newly designed rail cars send an absolutely horrible signal to the riders. On the Blue Line, which I have been riding since moving to the area in 2002, the number of people standing is already a nightmare during rush hours in the mornings and the afternoons. To attempt to place bars to accommodate more

Correction:

A headline on Page 7 of Monday's Express incorrectly referred to an Iraqi medic's description of a death scene in Haditha, Iraq. The rape-murder case the medic was testifying about took place in Mahmoudiya, Iraq, in March. In a separate case, U.S. Marines are accused of killing 24 Iraqi civilians in Haditha, Iraq, last November.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1942 Six convicted Nazi saboteurs who'd landed in the U.S. were executed in D.C.

1963 Britain's Great Train Robbery took place as thieves made off with 2.6 million pounds in banknotes.

1968 Richard M. Nixon was nominated for president at the Republican National Convention

in Miami Beach, Fla.

1973 Vice President Spiro T. Agnew branded as "damned lies" reports that he had taken kickbacks from government contracts in Maryland, and vowed not to resign — which he eventually did.

1974 President Nixon announced he would resign following damaging new revelations in the Watergate scandal.

1994 Israel and Jordan opened the first road link between the two once-warring countries.



"Her name is Jeannie. Get her, girls!"

RABID

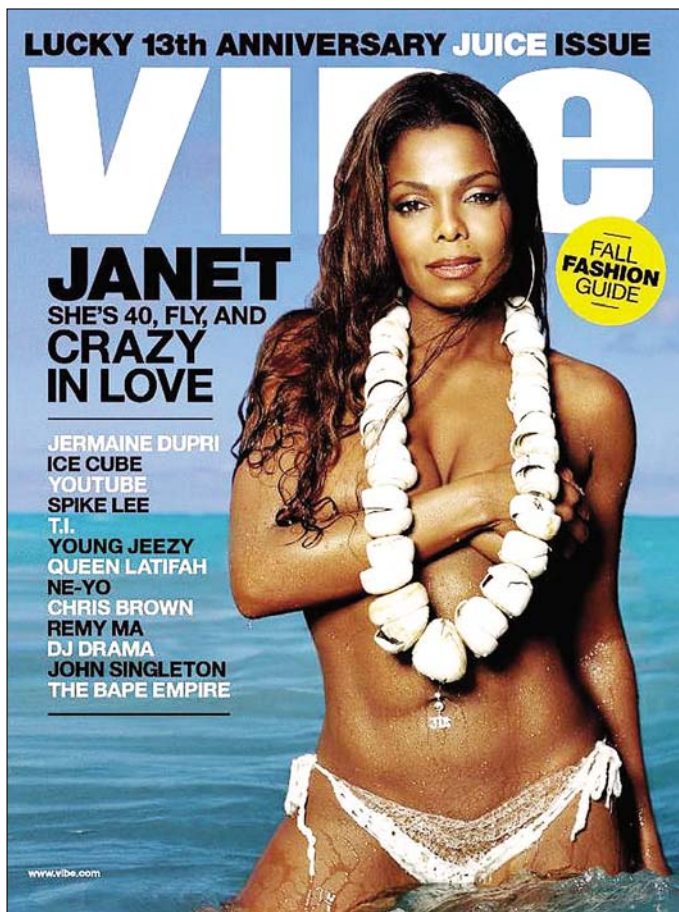
Clay Aiken Fans Drooling To Rip Her Limb From Limb

The author of an "unauthorized tribute" to **CLAY AIKEN** is suing the singer. Jeannie Holleman, 50, claims Aiken, his mother and others conspired to defame her and depress sales of her book by denying they knew her, branding her stories as lies and demeaning the book on Aiken fans' Web sites. (AP)

TOO LATE

Ben Apologizes for Making Boston Traffic Even Worse

BEN AFFLECK finished shooting his film "Gone, Baby, Gone" in Boston and thanked residents for their support during the production in and around the city. "This is a great place to shoot movies," Affleck said Saturday. The Cambridge native shot his new film in Boston, Chelsea and Quincy. "There were a lot of people who had to find new parking spaces, who had to go around a lot of detours," he said. (AP)



EMPOWERMENT

Janet Promises to Pose Nude at 79

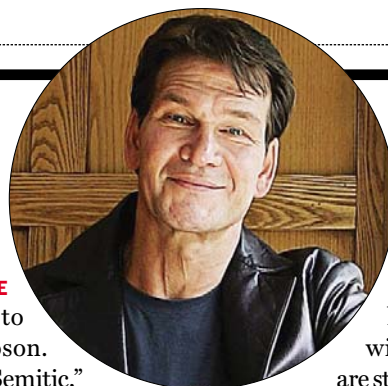
JANET JACKSON has never been afraid to expose some skin. The 40-year-old singer, newly svelte after losing some 60 pounds, appears on the cover of Vibe magazine wearing a skimpy bikini bottom and a necklace made of large shells. Her right arm covers her breasts. Will she ever stop posing for sexy photos? "Of course. When I'm 80," she tells Vibe. "That's when I'll call it quits." Her new album, "20 Y.O.," is slated for release Sept. 26. (AP)

CRYPTIC

Swayze Calls Gibson a 'Pit Bull' — But Why?

PATRICK SWAYZE

has stepped up to defend Mel Gibson. "He is not anti-Semitic," he told GMTV. Swayze, 53, downplayed his friend's outburst: "People say stupid things when they happen to have a few, and especially if you don't drink anymore, or have limited your drinking for a long time



Mel is clearly not a pit bull! He's a Pomeranian.

and all of a sudden you decide to have one too many with the boys — you are stupid." Swayze said the incident certainly would not end Gibson's career. "When you are a pit bull, and you love what you do and you are going to continue to grow, that talent will find its way out," Swayze said. (AP)



OF COURSE

It's Not Cuz He's Aging — It's Cuz He's 'High-Energy'

BARRY MANILOW will take a break from his regular gig at the Las Vegas Hilton to undergo surgery to repair torn cartilage in both hips, his publicist said. The 60-year-old singer, who has a four-year contract with the hotel, suffers from labrum tears in his hips — a painful condition exacerbated by his high-energy performances, publicist Carol Marshall said in a statement Sunday. (AP)

BRAVE FACE

Four Actresses Pretend They're Proud of Their Work

The cast of "Desperate Housewives" gathered Saturday to celebrate something that fans, critics and Emmy voters had dubbed something of a disappointment: the second season. Teri Hatcher, Felicity Huffman, **EVA LONGORIA** and Nicolette Sheridan all attended the DVD launch party. (AP)



Eva is pretty, but her show is not.

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LOOK out

Body Count

ACROSS

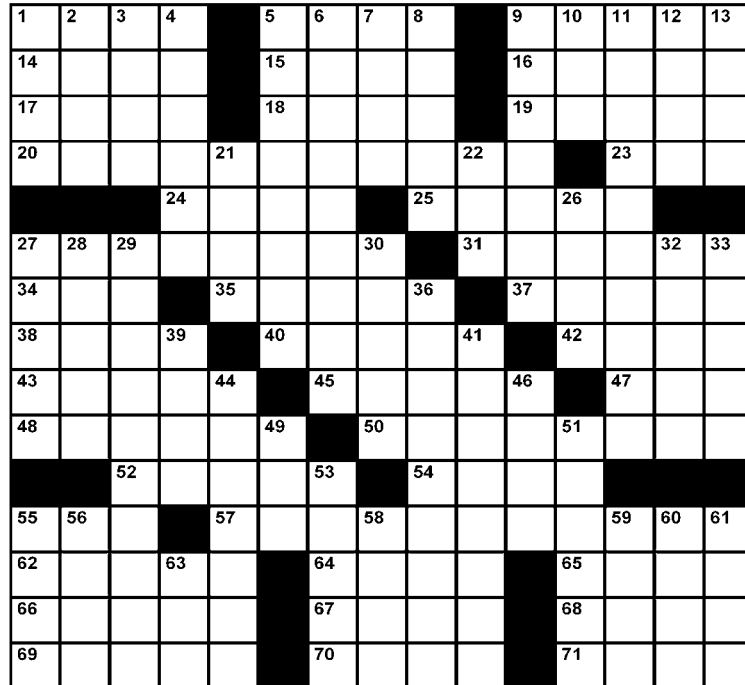
- 1 Sounds from a milk container?
5 Wraps up
9 Mislead
14 "Robinson Crusoe" locale
15 Tract of wet ground
16 Mirrors companion
17 Dart about
18 Realtor's map
19 Copycats
20 Treat
23 Tit for ___
24 Balloon variety
25 V-shaped cut
27 Used extreme subtlety
31 Grief-stricken
34 Half brother of William I
35 Fax forerunner
37 Straightedge
38 Get to one's feet
40 Collar stiffeners
42 Pasta variety
43 "___ is human ..."
45 Sky-bearer of myth
47 Genealogy word
48 Put on
50 Beyond repair
52 Stereotypical dog name
54 Request for help
55 Virgo's predecessor
57 Examine the

situation

- 62 Caribbean vacation destination
64 Animated actor
65 Disappeared
66 Record material
67 Word with onion or friendship
68 Polish prose
69 South American range
70 Bullfight bravos
71 Specified day

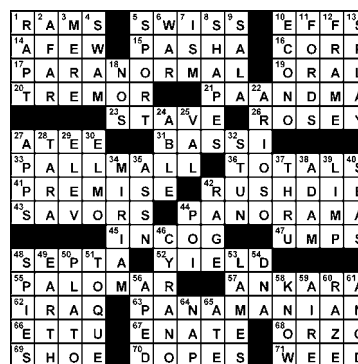
DOWN

- 1 Petulant displeasure
2 Artist Edvard Munch's home
3 Vaudeville shtick
4 Resolve, as a dispute
5 Accentuations
6 Alexandria's location
7 Lacking in liveliness
8 ___ stone (unalterable)
9 Book of hymns
10 Authority at home
11 Behave
12 Beaked pods
13 Egg depository
21 Sound
22 Defensive



- tennis shot
26 Santa ___, Calif.
27 Little kids build them
28 Einstein opposite
29 Snoop
30 "___ of a Salesman"
32 Lavish parties
33 Samples
36 Percussion instrument
39 Therefore
41 Young trees
44 Exposés
46 Caught in the act
49 Algerian title, pre-1830
51 Fell behind
53 Fashionably old-fashioned
55 Molten spew
56 The Emerald Isle
58 Plug away
59 Scotch partner
60 Collegian's credit
61 Banished Rose
63 Toodle-oo

Yesterday's Solution



Su|do|ku

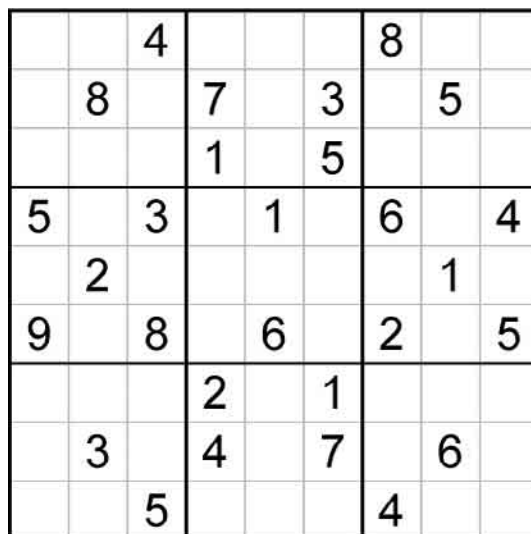
Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

Yesterday's Solution



Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.



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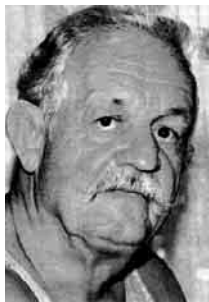
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THIS
YEAR I
GIVE
THANKS
FOR MY
LIFE!

R. Donald Tomasik

I wanted to write and let you know that I am eternally grateful to you for saving my life! I saw an ad for mobile ultra-sound tests for a year before actually signing up to be tested. I just had a feeling that something wasn't right; my wife kept urging me to spend the \$179 and get checked for nothing else but the peace of mind. Boy, am I glad I did, it was found that I had a 5 1/2 centimeter aortic aneurysm. I was able to take my test results to my primary care physician and be referred to a specialist, Doctor Showalter, who's first question was 'how do you know you have an aneurysm?' I showed him my HealthFair test results and he smiled and said, 'those HealthFair screenings probably saved your life!' That was in February 2003 and after a successful surgery, I'm happy to say I'm in good health in 2004 and indebted to HealthFair USA for saving my life! Unfortunately our friend Connie in Vermont didn't have an opportunity to have these inexpensive tests and died of a ruptured aneurysm. We miss her and hope to see HealthFair mobile units all over the country someday. It really is necessary to have these tests since Medicare won't pay for preventative screenings and I couldn't afford to pay the hospital price! Thanks from both Marge and I for your 7 test package, it was truly an investment in my health!



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Accreditation by JCAHO is considered the Gold Standard in health care. JCAHO is a not-for-profit organization dedicated to raising the level of safety and quality of care in all health care settings. Since 1951, JCAHO accreditation has been recognized within health care as a symbol of quality. HealthFair USA is accredited just as the hospitals in your community are accredited.

Accreditation means that HealthFair USA has volunteered to undergo a challenging, comprehensive evaluation. HealthFair USA has made a significant extra effort to review and improve the key factors that can affect the quality and safety of your care. Doctors and nurses from JCAHO personally visited HealthFair USA to conduct an intense on-site review and looked at how well the company: 1) provides a safe environment of care, 2) protects your rights as a client, including your right to confidentiality, 3) educates you about the risks and options for diagnosis and treatment, 4) protects you against infection, and 5) plans for emergency situations.

HealthFair USA is the only mobile diagnostic screening company with JCAHO accreditation, showing a willingness to be measured against the highest standards of performance.

Whenever and wherever you receive health care, look for the JCAHO gold seal of approval.

ULTRASOUND TEST OF THE HEART & ARTERIES

Alexandria
August 11th & 25th
Woodbine Rehab and Health
2729 King St.

Vienna
August 16th
Residence Inn Tyson Corner
8400 Old Courthouse Rd.

Rockville
August 18th
Best Western Inn
1251 W. Montgomery Ave.

Bethesda
August 19th & 26th
YMCA - Arylawn
5650 Oakmont Ave.

Dale City
August 23rd
Joyful Fitness Village
4421 Dale Blvd.

Falls Church
August 30th
Best Western Inn
6633 Arlington blvd.

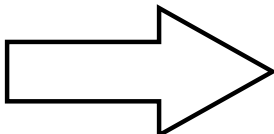
Reston
August 31st
Hampton Inn
5821 Richmond Hwy.

Accredited by the
Joint Commission
on Accreditation of
Healthcare Organizations.



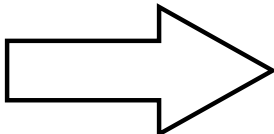
HEART ATTACK PREVENTION PACKAGE

ECHOCARDIOGRAM
ULTRASOUND TEST



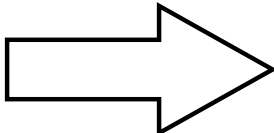
Echocardiogram is a video ultrasound of the heart. It may detect enlargement of the heart, valve abnormalities, blood clots and tumors.

ELECTROCARDIOGRAM
(EKG) TEST



EKG may detect ischemia, silent heart attack and atrial fibrillation. EKG provides a picture of the electrical activity of the heart.

HARDENING OF THE
ARTERIES (ASI) TEST



Hardened arteries cause the heart to work harder, which leads to vascular disease. ASI test shows the degree of hardening of the arteries.

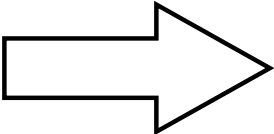
ALL 3 TESTS



These cardiac tests are painless and non-invasive. The combined cost is more than \$1,300 at most hospitals.

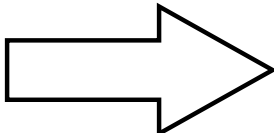
STROKE & ANEURYSM PREVENTION PACKAGE

STROKE/CAROTID ARTERY
ULTRASOUND TEST



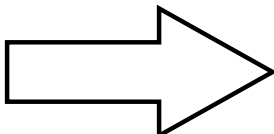
Many strokes are associated with blockages in the carotid arteries that may be detected with an ultrasound.

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ANEURYSM TEST
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NUTRITION

Dough Problem



Carbs have an image issue, but whole grains are great for you | **E7**

WELLNESS

Pose Before Bed



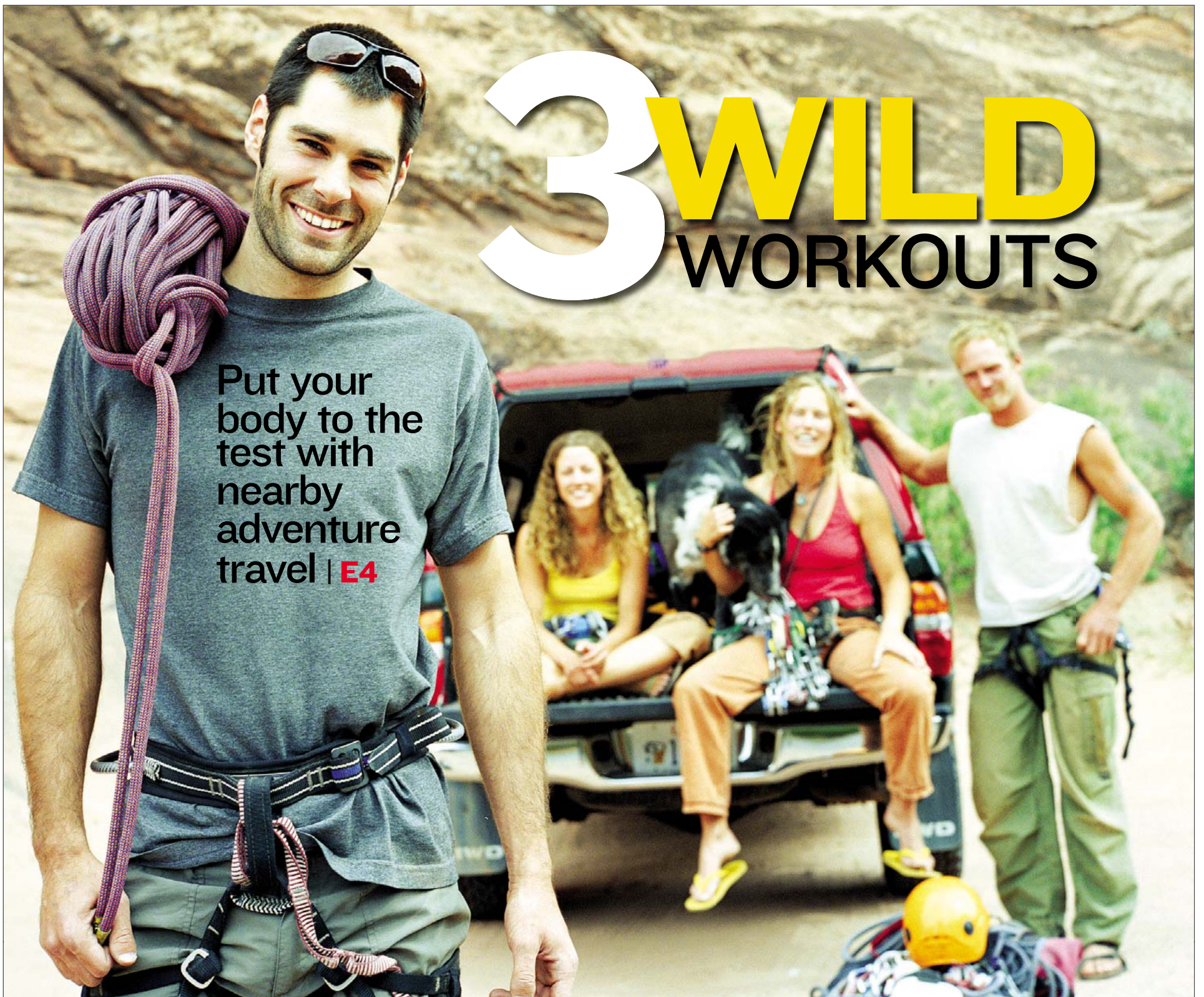
Insomniacs can use yoga to rest easy at a workshop in Foggy Bottom | **E6**

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GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



Tales of Drama Queens and Nitpicky Kings

Q I am good friends with a total drama queen. You know the type. Every bad day — heck, every bad hair day — is fodder for analysis. She blows things out of proportion, though I've come to expect that. I'll call her the morning after she goes on a big date to see how it went; inevitably, it was a disaster. What gives with people like her? —THE NORMAL ONE

Like the magic moment when someone's bandaged schnoz gets unveiled on "Extreme Makeover," consider this a day of reckoning. I'll say it to you straight: Drama queens give us something — entertainment, camaraderie, the relief that it wasn't us who found out that platform shoes don't do well on waxed floors — and they wouldn't have nearly so many audiences if those audiences weren't at least a little bit motivated to keep them onstage.

Granted, we therapists have a soft spot for drama queens, as we



ERIC REECE

regularly roll out the red couches for them. But it does seem unfair to criticize your friend when you've probably been egging her on and not letting her know you're unhappy with her behavior. So, be honest with yourself. Are you really all

that bothered by the stories of her date's man-purse? By all means, if you want more out of the friendship, or there's some way you feel she's mistreating you, bring it up. But like the moral paragons who condemn the paparazzi while flipping through

Us Weekly, it's time to do a reality check about just what your role is in this "problem" — and put your money where your mouth is if you really want to make a change.

Q My husband has been nitpicking me a lot lately. He never used to be this way. In the past month, he has made several subtle but hurtful jabs about how I dress, how I look and what I weigh. He has also started criticizing my method of discipline (we have a 10-year-old daughter). I've brushed off his comments, assuming that this behavior will pass, but it seems to be escalating. How can I bring this up without him overreacting?

—ANONYMOUS

Well, I don't know your husband. If, for instance, burned risotto makes him overreact, then we might be in trouble. But if he's generally a sensitive and loving person, this is hopefully a temporary snag that can be worked through with a good talk.

The first hint to keep this from developing a Jerry Springer aura is to bring up your concerns in a non-threatening way, and only when you two are relaxed, alone and really have the time to talk. Focus not

on how he's being Mr. Jerkface, but how you're feeling vulnerable and uneasy about some of his comments. Get him to talk about how he's really been doing lately and if there's anything that's been stressing

If burned risotto makes him overreact, then we might be in trouble.

him out, as depression and anxiety often dress up as irritability. Above all, remember that you deserve to feel good about yourself and to have a partner who supports you, and your daughter deserves parents who treat each other, and her, with consistent respect. If his behavior or your reaction to it continues to not feel so good, a few sessions with a counselor — jointly or even alone — could really help out.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.



WeekendPass makes the weekend perform.

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A publication of The Washington Post



Foam at the Shoe

NEW SNEAKERS ALWAYS claim some new twist that will make them the best shoes ever. When we slipped on the Trance 6 (\$135, brooksrunning.com), we believed the hype for the first time. Made with MoGo, a cushioning compound that took three years to perfect, the kicks are super comfy, lightweight and generally heavenly. That's why Brooks has introduced the "90-day MoGo guarantee." Buy a pair this month, and if you don't like 'em after three months of jogging, return them for a refund.

PRODUCTS

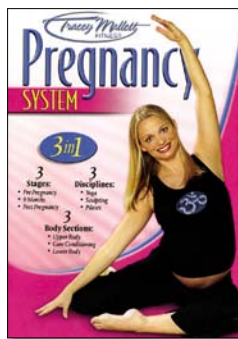
GearHead



Mayday and The Tramp

EVERYONE WITH a Peter Pan complex has a hankering for a trampoline. And sometimes they can't fight the craving anymore. "Many people ask me which trampoline to buy," said Mike Dileo, owner of Marvatots and Teens, a Rockville gymnastics academy. His reply? "Don't." Robin Wilcox of Safe Kids Worldwide agrees: "Home trampolines are never safe. They should only be used in a supervised athletic program."

Steve Moulton, vice president of JumpSport, the company that invented the safety enclosure, is fighting that perception. JumpSport's netting keeps jumpers from boinging into a tree, and their high-tech tramps keep two jumpers from hurting each other. Does that make them safe? We're not so sure. But it's your call whether reliving your childhood is worth possibly inflicting bodily harm. VICKY HALLETT (EXPRESS)



Baby Likes Pilates

IT'S HARD TO STRETCH when you look like a snake that just ate a hot-air balloon. Tracey Mallet's 3 in 1 Pregnancy System (\$20) modifies Pilates and yoga moves to accommodate pregnant bellies, usually using pillows. While the DVD claims to be good for all women, our fetus-free tester found the exercises too easy. The partner stretch segment was wonderfully relaxing, however, even with no baby

Pour Some Agave Nectar On Me, Ooh

AFTER A SWEAT SESSION, your body craves replenishing liquids.

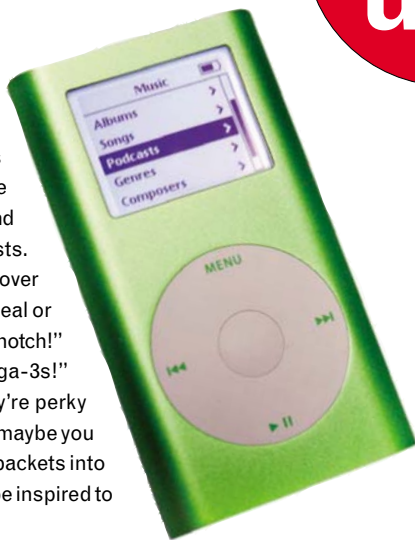
And the makers of LIV (\$1.75-\$3) are hoping you'll make the hop from your old sports drink to experience LIV's all-naturalness the next time you're parched. Its main innovation is that it derives its sweetness not from sugar substitutes but from the nectar of the cactus-like agave plant. And it has just 70 calories per 8-oz. serving. Upon taste-testing, we found that the sweetness of the two flavors (lemon and berry) falls somewhere between Vitamin Water and fruit juice, which could lure some thirsty athletes.



NEW
IN HEALTH
warm
ups

The Right Listener

TOO EMBARRASSED to do tricep dips while waiting for a Metro train? While we're disappointed, we understand, and we have a solution: diet.com podcasts. The free, three-minute downloads cover topics like, "Cut 100 calories out a meal or snack!", "Kick treadmill workouts up a notch!" and "Benefits of heart-healthy omega-3s!" (As the punctuation indicates, they're perky at diet.com.) When you get to work, maybe you won't immediately dump five sugar packets into your coffee. And maybe you'll even be inspired to work out at lunch.



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| THE EXPERT'S

TrainReaction

Cool It, or Else

Q At my gym, there's a 30-minute limit on cardio machines. So I skip the cooldown on the elliptical. Is that bad for me?

You should always cool down to finish your cardio session. If the time limit is 30 minutes, do 25 minutes of intense aerobic activity and use the last five minutes to slow down and let your heart rate (in beats per minute) go below 60 percent of your maximum (220 minus your age) before you stop moving.

Most gym members ignore their trainers when they preach the importance of good warm-ups and cooldowns. People tend to focus on whatever aspect of their workouts will help them gain the most muscle or lose the most fat. But stopping without an adequate cooldown period can cause you to pass out due to venous pooling of blood in the legs.

Here's what happens: When you're exercising, more blood (and thus oxygen) flows to the muscles you're using the most. Veins move deoxygenated blood back to the heart through one-way valves. If you stop suddenly after a long period of cardio, the process is disrupted and blood may collect in the veins. That, in turn, decreases the amount of blood in circulation. Less blood goes to the brain, and that can cause you to faint.

Matthew Blair Davis, MS, CSCS, PES, is an award-winning personal trainer and president of **Functional Revolution Fitness** (functionalrevolution.com), which provides private personal training. E-mail him at matt@functionalrevolution.com.

Wild Near Washington

Take advantage of the end of August with a nearby adventure

As the summer comes to its sweltering finale, take a lesson from those flip-flop-clad interns who've puttered around your office for the past eight weeks. Leave. And get your body looking like a college student's again by making sure that wherever you go, you're ready to take on a physical challenge.

Learn to Fly

Sunning on a beach will leave you bored and peeling. So how to spice up the sandy experience? Try taking to the waves on a kiteboard, a small plank pulled by a flying kite. "It's like wakeboarding, windsurfing and surfing all in one," explained Mike Littlejohn, the kiteboarding instructor at Dewey Beach's East of Maui Surf Shop (104 St. Louis St.; 302-227-4703; eastofmaui.com). Once you have the hang of it, you can jump into the air and actually feel like you're flying.

It's also incredibly difficult: "It's a full-body workout. You're using every muscle in your body," said Littlejohn, who insists his students be able to do at least one pull-up to ensure their safety. After all, he's seen people lose control and get dragged out of the water onto land. Lesser daredevils may want to stick to surfing and windsurfing.

Rabid Rapids

If you prefer to get your exercise sitting down, dip into white-water kayaking in West Virginia. "It's a three-hour ride and it's just you," said Angie Goldizen of RiverRiders (408 Alstadts Road, Harper's Ferry; 800-326-7238; riversiders.com), which organiz-



GETTY IMAGES

Lesser daredevils may want to stick to safer surfing and windsurfing.

es the popular paddle down the Shenandoah and Potomac rivers. They'll also hook boaters up with other West Virginia rides, including some speedier rafting trips. The faster the rapids, the more work — and the more fun.

Top of the Rock

On dry land, learn the ropes — literally — with classes from EarthTreks Climbing Center (earthtreksclimbing.com). There are indoor sessions if you'd prefer the safety of a gym, but while the weather's warm, test yourself outdoors in classes at Carderock and Great Falls. "When you're inside, there's color tape designating the routes. Outside, there's nothing. You're playing jazz," said Triny Papavasiliou, assistant director of the Rockville location.

After you bone up on your skills, you can tag along on a trip to Cooper's Rock in West Virginia, or try another nearby spot, like New River Gorge or Annapolis Rock. Do

it long enough, and your muscles will be stone-solid.

Walk It Off

The day after, give your adrenaline levels a rest and experience the most chill of active vacations: the walking tour. Marina Meerberg of Country Walkers (countrywalkers.com), which organizes walking vacations all over the world, knows the impact of a day of hoofing it. "You burn some good calories. When I go on tours, I typically lose weight, and I'm in good shape already," she said. In the summer heat, she recommends getting an early start and treating yourself to a long lunch.

VICKY HALLETT (EXPRESS)

VITALSTATS

10

THE PERCENTAGE OF NEW FATHERS WHO HAD SIGNIFICANT LEVELS OF DEPRESSION, SAYS A NEW STUDY IN THE JOURNAL PEDIATRICS.

running for congress

■ Rep. Cathy McMorris

THE REPUBLICAN REP from Washington state reckons it must have been the "glow" from her upcoming nuptials (she tied the knot this past weekend in San Diego) that won her a slot on The Hill's "50 Most Beautiful People on Capitol Hill" list, published in late July. But we think it also has a little something to do with the other man in her life: Billy Blanks. v.h.



"At home, I have a little place on the lake and I can jump off the dock and go for a swim."

Why not sweat in the House gym? "I've never found it. I really want to find it, though."

"I recently signed up for a health assessment. On a monthly basis, I have to turn in a slip of paper with my

weight. So, that's an incentive to make healthier decisions."

"Here, I do my Tae Bo. In 35 minutes, I feel like I've had a good workout. I have a few others, but I always go back to Tae Bo. I'm doing his [Billy Blanks'] basic training one right now."

"My downfall is chocolate-covered potato chips."

Tapping the Legs

You can't flex them in a T-shirt, but they are key

Legs are the neglected stepchild of physical training. But developing the largest muscle groups in your lower body (your quadriceps, hamstrings and gluteal muscles) boosts your metabolism by increasing your body's lean-muscle mass. It also revs up production of hormones that help you build muscle.

A Stronger Upper Body

Training large muscle groups with heavy lifting produces a natural surge in growth hormone and testosterone. There's nothing like squats to involve the large muscle groups.

→ **BULGARIAN SPLIT SQUAT:** Stand with a bench behind you and a barbell across the back of your shoulders. Place your left foot on the bench. Keeping your torso upright, lower your body until your right thigh is parallel to the floor. Pause, then push yourself back up. Perform three or four sets of eight to 10 repetitions on each leg.

→ **SINGLE-LEG ROMANIAN DEAD LIFT:** Grab a light dumbbell in your right hand and stand on your left foot with your right foot off the floor. With your left knee slightly bent and your lower back naturally arched, push your hips backward to begin lowering the weight. (Feel a stretch in your hamstrings and glutes?) Continue lowering the dumbbell as far as you can while keeping your back flat. Pause, then push through your left heel to return to the starting position. Do three or four sets of six to 10 repetitions on each leg.

More Speed

You can turbocharge your acceleration by increasing the length and frequency of your strides.

→ **SLED DRAG/LUNGE WALK:** Attach a 25-pound weight to a dip belt and put it on, with the weight on the floor behind you. Keeping your torso upright, take a large step forward with your left foot and lower your body until your left thigh is parallel to the floor, with your knee over your toes. Repeat with your right foot. Try three or four sets of eight to 10 steps.



→ **DUMBBELL SQUAT JUMP:** Stand holding a pair of dumbbells at arm's length at your sides, feet about shoulder-width apart. Bend at the hips and knees to lower your body as you would during a squat, but lean slightly forward from the hips so that your shoulders move in front of your feet. Drive your feet into the floor, then jump straight up. Balance yourself when you land, and immediately lower yourself into the next squat. Aim for three or four sets of eight to 10 repetitions.

Shifty Moves

Sports agility calls for strength and power in the frontal, or side-to-side, plane of motion. Most people don't train that way. These two moves can help.

→ **DROP LUNGE:** Stand with a barbell across the back of your shoulders, feet shoulder-width apart. With hips facing forward, step back with your right foot and place it to the left of your left leg as you bend your left knee, lowering your body. Push back up to the starting position and repeat with your other leg. Do eight to 10 repetitions with each leg.

→ **ICE-SKATER:** Stand on your right leg with your left foot off the floor. Push off with your right foot, contracting your legs and glutes, to propel yourself to the left. Land on your left foot and lightly tap your right foot on the floor for balance before immediately bounding back in the other direction. Each landing is one repetition. Do eight to 10. ROBERT DOS REMEDIOS (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

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| STUDIES

Stethoscope

We Hope Heather Mills Breast-Fed

■ Mothers who don't breast-feed have another reason to feel guilty, Reuters Health reported. Ten-year-olds who were breast-fed as infants cope better with their parents' marital problems, including divorce, according to a study published in the Archives of Disease in Childhood. The researchers don't yet know why, though.

Listen to Hilary Duff

■ Kids who listen to music with raunchy lyrics — songs with explicit sexual references, for example, or that depict women as sex objects — are more likely to have sex earlier than teens who listen to more tasteful tunes, according to a study published in the journal Pediatrics. The study surveyed teens between the ages of 12 and 17 over three years. Virgins who listened to explicit music were 51 percent more likely to have sex within two years of being questioned.

**Competitive Hot Dog Eaters, Take Note**

■ Those who chow down on hot dogs, bacon and salami may be increasing their chances of developing stomach cancer, Reuters Health reported. According to a Swedish study published in the International Journal of Cancer, women who ate three or more servings per week of processed meat over an 18-year period had a 66 percent higher risk of stomach cancer than those who ate fewer than 1.5 servings. The culprit could be carcinogenic nitrosamines, often found in processed meat.



GETTY IMAGES

Blow Away Insomnia

Yoga breathing and poses can end sleep woes

When counting sheep and knocking back a shot of booze won't knock you out, think about unrolling a yoga mat to end your sleepless nights.

The wonder exercise that makes bodies bendable and strong can also be a boon at bedtime, says San Francisco-based yogi Ann Dyer. She's spreading the word through Zyoga, the Yoga Sleep Ritual, which she's bringing in seminar form to the Fairmont Hotel (2401 M St. NW; 202-429-2400; fairmont.com/washington, \$199 for single or double room, \$60 for a second person) this Saturday, Aug. 12.

And if it's anything like her earlier events, she promises plentiful Z's.

"I've been doing these in hotel ballrooms and 150 people fall asleep," she said. "As soon as I hear the snores, it's like a standing ovation."

Come nightfall, seminar participants will gather to discuss slumber and why it's so critical. "Some



→ Can't make the seminar? Dyer released her program last year (\$25). The set includes a DVD, CD and booklet.

people resent sleep. They'd like to have those hours to get more done," Dyer said. Then, they'll move into her practice: a series of poses, mixed with pranayama (breathwork), meditation and music. Finally, everyone

heads to their rooms for peaceful slumber.

It's the ragas — relaxing Indian tunes — that she believes can truly cure a toss-and-turner. "Ragas are like sound prescriptions. Lullabies were invented to put babies to sleep. This is taking that basic relationship and refining it," she explained.

Music may not be necessary for some troubled sleepers, who don't have a problem hitting the hay initially, but wake up in the wee hours. "They come home and pass out, but their brains are still spinning," she said. To those types, she teaches a method of deep breathing. Here it is in a nutshell: Take deep belly breaths and extend your exhalation so it matches the length of time it takes you to inhale. Then,

try to increase the pause between breaths because that is "the one place where our mind is still."

How did she conjure such magic? "I would love to take credit for inventing something new, but it's just yoga science," she said. "This is based on a series [of poses] that had been around for 4,000 years."

Yoga poses come in two varieties — ones that take you into the world and ones that turn you inward. As yoga has grown more popular as a fitness regimen, people have focused more on the former, more athletic, version. "I get students who say, 'But I do yoga and I still can't sleep,'" Dyer said. "It's a balance issue."

Particularly if it's stress that's keeping you from your dreams, a fast-paced, sweaty practice isn't going to calm your nerves. Dyer hopes to appeal to an audience beyond the traditional yoga crowd, noting that the postures she favors — like child's pose (kneel on the floor and extend your upper body toward the ground) — and modified versions of demanding poses (so they require less flexibility and strength), are accessible to almost anyone, regardless of fitness level.

After all, everyone deserves to sleep better, Dyer said, which, in turn, can lead to fewer illnesses and reduced anxiety. And anyone who achieves that has to rest more easily. VICKY HALLETT (EXPRESS)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do your eyes bug out? Are you tired all the time? Do you hate being hot more than everyone else? Are you losing weight? Are you a woman over the age of 20? You may have **GRAVES' DISEASE**, an illness that causes the immune system to attack the thyroid gland. The thyroid responds by pumping out too much of its trademark hormone, increasing patients' metabolic rate by 60 to 100 percent. While this might sound like the perfect weight-loss solution, it is most assuredly not, unless you also enjoy brittle hair, anxiety, irritability, insomnia, goiter and the aforementioned bugging eyes. There's no cure, but doctors can control the symptoms with medication.

SOURCE: MAYOCLINIC.COM. NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL CARE.

THE EXPERTS
ChewOnThis



Levels Matter

Q What are high numbers for bad cholesterol and total cholesterol levels?

The goal for total cholesterol is less than 200 milligrams per deciliter (mg/dL)—but doctors now know that evaluating the “bad” and “good” cholesterol separately is important, too. Bad low-density lipoprotein (LDL) cholesterol should be less than 100 mg/dL if you’re at high risk for a heart attack, and less than 130 mg/dL if your risk is moderate. Good high-density lipoprotein (HDL) cholesterol should be more than 40 mg/dL in men and more than 50 mg/dL in women.

To keep blood cholesterol levels in check, maintain a healthy weight and limit or avoid foods high in both cholesterol and “bad” saturated fat. That means butter, cream, fatty meats, fried foods and sweets like cakes and doughnuts. Eggs and shellfish (such as crabmeat and shrimp) contain cholesterol, but little saturated fat, so these foods fit nicely into a healthy diet. In addition, eating fiber-rich foods (e.g., fruits, vegetables, oatmeal, beans) and including unsaturated fats (e.g., nuts, olive oil, salmon) in your diet can also help keep your levels low.

Kristen Ciuba, MS, is the nutritionist at Results the Gym, in Washington, D.C. She also implements corporate nutrition programs for local companies. E-mail her at nutrition@readexpress.com

Not Against the Grain

Some nutritionists praise the healthy powers of carbohydrates

Carbohydrates get a bad rap. “Really, they’ve been smeared for the past decade,” said Dr. Darwim Deen. “Corn, potatoes, even bread. There isn’t a carbohydrate out there that hasn’t been labeled as bad.”

So it took some courage for Deen, a specialist in family medicine, to collaborate on a book called “The Whole Grain Diet Miracle” with nutritionist Dr. Lisa Hark.

While it may not be in vogue to extol a diet rich in carbohydrates, “we felt very passionate that we had to get the message out there that whole grains are important,” said Deen.

Besides extolling their virtues as an important source of fiber, protein and essential nutrients, the authors also tout whole grains as an important element in staying slim. “Good whole grains, when consumed, provide satiety,” said Deen. “When a person feels full, they are bound to eat less.” Here’s what you need to know:

■ **White stuff is out.** Toss out white bread, pasta, rice and processed foods (crackers, cookies, snacks) that are stripped of natural fiber. Also out: soda, refined sugar and fruit juices. “Those are the bad carbohydrates and the ones we, as a society, eat way too much of,” said Deen. “There are plenty of people who eat those things and are thin, but you also have to look at their long-term impact. I think they contribute to problems like diabetes, obesity, high blood pressure and a host of other chronic conditions.”



GETTY IMAGES

“Good whole grains provide satiety. When a person feels full, they are bound to eat less.”

■ **Consume at least three to five servings a day of fiber-rich breads, whole-wheat pasta, oatmeal, brown rice, whole or popped corn, buckwheat, amaranth, quinoa, polenta, spelt and farrow.** Some of those grains may elicit groans from the uninitiated, Deen said, “But have you tried them? I just had some

spelt pretzels and they were quite good.”

Deen understands it may be hard to sell some of this to your family. Durum wheat, used to make most better pastas, isn’t as bad as processed white flour. And cooked al dente, pasta is digested rather slowly, providing that longer period of post-meal fullness that is a goal of whole-grain eating.

■ **While corn** is often dismissed as a pointless veggie, in its whole-kernel form it can be a source of protein and fiber. Deen highly recommends popcorn as a snack for kids and grown-ups. He said he’s not averse to adding a little heart-healthy oil, such as canola, while popping. “Just don’t have it movie-

theater style. That stuff they dump on it isn’t even butter.”

■ **To indoctrinate** the kids, Deen recommended introducing whole grains at an early age. He said he got his own teenage son to switch to whole-grain pasta by “making it and putting it on the table.” Parents of young children can start earlier. “Their first bread should be a whole-grain bread, not a white one,” he said. Make their first pasta whole grain and their first rice brown. And another tip: Limit TV time. Kids learn about bad food choices from commercials, he said, so you’re going to have an easier time getting them to eat right if they don’t see junk food on television. **BETH COONEY (STAMFORD ADVOCATE)**

Relatively Sinless Sweetness

■ Low-Fat Brownies, makes 12

INGREDIENTS: 1/2 cup all-purpose flour; 1/2 tsp. baking powder; 2 tbsp. Dutch-processed cocoa powder; 1 tbsp. warm water; 1 tbsp. vanilla extract; 1/2 tsp. instant espresso powder; 2 tbsp. unsalted butter; 3 oz. semisweet chocolate, chopped fine; 1/2 cup sugar; 1/8 tsp. salt; 1 large egg, lightly beaten

MAKING IT: Heat oven to 350 F. Line an 8-inch-square baking pan with foil, then lightly coat with vegetable oil spray. Whisk the flour and baking powder together in a small bowl. In a separate bowl, whisk the cocoa, water, vanilla and espresso powder. Microwave the butter and chocolate together on 50 percent power until

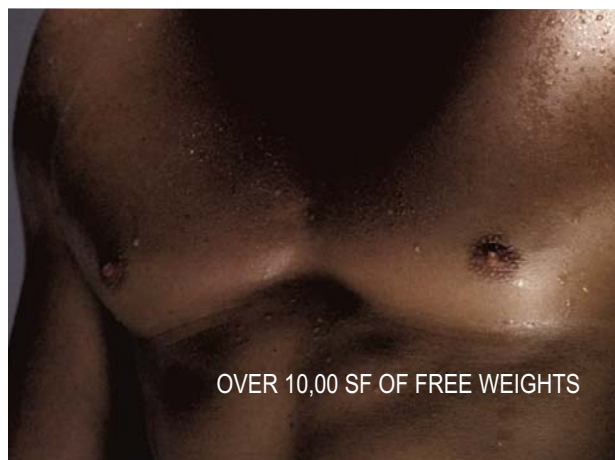


melted; whisk until smooth. Whisk in sugar and salt, then cocoa mixture, then egg. Stir in the flour mix until just incorporated. Pour the batter into the pan and smooth top. Bake until a toothpick comes out with a few moist crumbs attached, 20 to 25 minutes, rotating halfway through baking. (AP)

PER BROWNIE: 130 cal., 5 g fat, 25 mg chol., 19 g carbo., 2 g pro., 1 g fiber, 55 mg sodium



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